

Psychosocial counselling of Studierendenwerk Frankfurt

Eat and
Drink



Accommodation



Financing



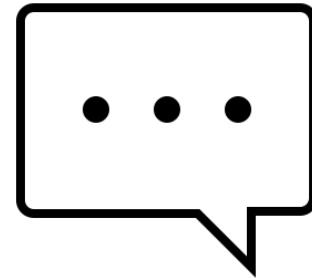
Counselling



Which service do we offer to you?

Psychological counseling

- We offer support with a wide range of personal and study-related problems:
 - difficulties in learning and concentrating
 - anxiety, e.g. about exams or public speaking
 - relationship problems or family conflicts
 - stress, overloading, depression
 - lack of self-esteem etc.
- strictly confidential, easy access, free of cost
- short-term counseling (about 5-10 counseling sessions)
- counseling for individuals and couples



Which service do we also offer to you?

Open office hours

Tuesday and Thursday from 1 to 3 p.m. on the Westend Campus

Groups and workshops

- Every semester, we offer different groups and workshops, e.g.
 - self-care
 - exam anxiety
 - anxiety about public speaking
 - procrastination

Who we are?



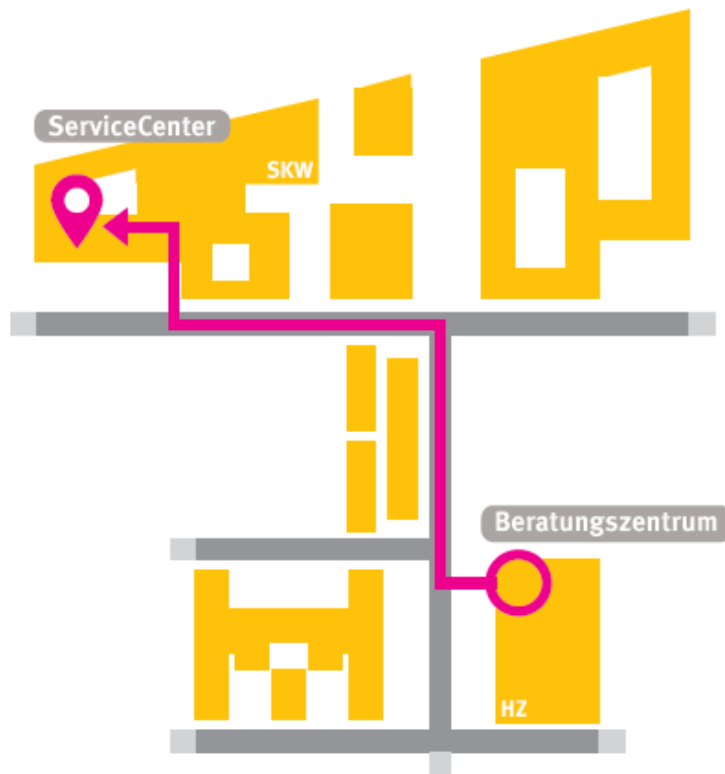
Individual appointments:

Mo-Fr: 9-17 h (**live**, via Video or phone)

Via contact form: <https://www.swffm.de/en/advising-services/psychosocial-counselling/appointmentcontact/contact-form>

Where to find us?

WIR SIND UMGEZOGEN!



Psychosozialberatung
Campus Westend
SKW (Sprach- und
Kulturwissenschaften)
Service-Center im EG
Rostocker Str. 2
60323 Frankfurt am Main