

## Psychosocial Counseling

Ending up in a difficult situation is something that can happen to anybody. At the beginning of university life and further along, students may face challenges that can be both rewarding and troubling.

If you would like to talk about this or any other issue troubling you, please do not hesitate to seek professional support. The institutions listed in this flyer will provide confidential advice.

Please note that our list is a selection of counseling opportunities available in and around Bonn. Appointments must usually be made in advance. You will find additional information on the respective websites. Please also note that services that are not explicitly labeled as foreign-language counseling services may have foreign-language offers. Please contact the respective institution for more information.

### Central Study Advisory and Counseling Service (ed.)

Poppelsdorfer Allee 49 | 53115 Bonn, Germany  
 Phone: +49 228 73-7080  
 zsb@uni-bonn.de  
[www.uni-bonn.de/study-advisory-service](http://www.uni-bonn.de/study-advisory-service)

### ADMISSION IN THE EVENT OF A CRISIS OR EMERGENCY

If you are experiencing a mental health emergency or a severe psychological crisis (e.g. feeling suicidal at this moment), you can contact the hospital below at any time of day or night:

#### LVR CLINIC BONN

Kaiser-Karl-Ring 20 | 53111 Bonn  
 Phone: +49 228 551-1  
 klinik-bonn@lvr.de

The central admissions desk is staffed around the clock and can be contacted at any time.

If you or another person are in **severe danger**, you can call the **fire department on 112 or the police on 110**.

### CLINICS AND OUTPATIENT CENTERS

The clinics listed focus on providing different treatments. Please also refer to the respective websites for information on individual procedures, for example.

#### UNIVERSITY HOSPITAL BONN

Venusberg-Campus 1 | 53127 Bonn

#### Clinic and Polyclinic for Psychiatry and Psychotherapy

The clinic treats any kind of mental illness in adults on an outpatient, inpatient and day-patient basis.

Venusberg-Campus 1 | 53127 Bonn  
 Building No. C80/C82

#### Mental health emergencies and emergency center

Phone: +49 228 287-12000

[www.ukbonn.de/en/psychiatry-and-psychotherapy/](http://www.ukbonn.de/en/psychiatry-and-psychotherapy/)

#### Foreign-language counseling services

<sup>AR</sup> Arabic | <sup>EN</sup> English | <sup>ES</sup> Spanish | <sup>FR</sup> French | <sup>IT</sup> Italian

<sup>KU</sup> Kurdish | <sup>NL</sup> Dutch | <sup>PL</sup> Polish | <sup>RU</sup> Russian | <sup>TR</sup> Turkish

### Outpatient services of the Clinic and Polyclinic for Psychiatry and Psychotherapy

Diagnoses and treatments of various conditions can be provided on an outpatient basis, including ADHD in adults, anxiety disorders and long COVID.

Venusberg-Campus 1 | 53127 Bonn  
 Building No. C80/C82

Phone: +49 228 287-15732

[www.ukbonn.de/en/psychiatry-and-psychotherapy/](http://www.ukbonn.de/en/psychiatry-and-psychotherapy/)

#### Early Detection Center (FEP) for Psychosis Bonn

Venusberg-Campus 1 | 53127 Bonn  
 Building No. C82

Phone: +49 228 287-10606  
 psy.frueherkennung@ukbonn.de

[www.psychose-frueherkennung.de](http://www.psychose-frueherkennung.de)

#### Clinic and Polyclinic for Psychosomatic Medicine and Psychotherapy

In addition to an outpatient clinic, e.g. for anxiety and eating disorders, there is a psychosomatic day clinic for young adults that focuses on the treatment of eating disorders, anxiety disorders and depression.

Venusberg-Campus 1 | 53127 Bonn  
 Building No. C80

Phone: +49 228 287-16299

[www.ukbonn.de/psychosomatische-medizin-und-psychotherapie/](http://www.ukbonn.de/psychosomatische-medizin-und-psychotherapie/)

#### RHEIN-KLINIK - EVANGELISCHES JOHANNESWERK

Among other things, this clinic provides specialist inpatient treatment for young adults.

Luisenstr. 3 | 53604 Bad Honnef

Phone: +49 2224 185-105

[www.johanneswerk.de/rhein-klinik](http://www.johanneswerk.de/rhein-klinik)

#### LVR CLINIC BONN

Among other things, this clinic offers a **transcultural addiction clinic** <sup>PL|RU|TR</sup> and a **trauma clinic** <sup>EN</sup>, both on an outpatient basis.

Kaiser-Karl-Ring 20 | 53111 Bonn

Phone: +49 228 551-1  
 klinik-bonn@lvr.de

[www.klinik-bonn.lvr.de](http://www.klinik-bonn.lvr.de)

### PSYCHOTHERAPY SEARCH AND FINDING A COUNSELING SERVICE

If you feel you might benefit from psychotherapy but aren't sure which therapeutic approach to go with, for instance, please refer to the following web portal for information and guidance:

[www.wege-zur-psychotherapie.org](http://www.wege-zur-psychotherapie.org)

The following websites let you search for psychotherapists. The websites are in German; however, it is possible to look for foreign language therapists in the databases.

#### Federal Chamber of Psychotherapists (Bptk)

[www.bptk.de/patient-innen/#psychotherapeutensuche](http://www.bptk.de/patient-innen/#psychotherapeutensuche)

#### Psychotherapy Information Service (PID)

Phone: +49 30 209166330  
 pid@psychologenakademie.de

[www.psychotherapiesuche.de](http://www.psychotherapiesuche.de)

#### Appointment service KVNO

*Kassenärztliche Vereinigung Nordrhein* (Public organization for outpatient medical and psychotherapeutic care)

Appointments for psychotherapeutic consultation hours:

Phone: 116117

<https://patienten.kvno.de/service/tss>

Tips for searching for a psychotherapist:

<https://patienten.kvno.de/praxisuche>

#### Please note:

In case you have **non-German health insurance**, please make sure it covers psychotherapeutic services.

#### Group therapy

[www.gruppenplatz.de](http://www.gruppenplatz.de)

#### “Beratungsführer online” counseling guide offered by the German Association for Youth and Marriage Counseling (DAJEB)

*Deutsche Arbeitsgemeinschaft für Jugend- und Eheberatung e. V.*

This website lets you search for counseling services near you.

[www.dajeb.de/beratungsfuehrer-online](http://www.dajeb.de/beratungsfuehrer-online)

### HELPLINES

#### Nightline Köln <sup>EN</sup>

Support and info line run by students for students  
 Phone: +49 800 470 3500 (free of charge) or +49 221 470 3500

<https://nightlinekoelnweb.wordpress.com>

#### TelefonSeelsorge (telephone counseling)

Phone: +49 800 111-0111 and +49 800 111-0222 <sup>24/7</sup>

Counseling is available online and over the phone.

[www.telefonseelsorge.de](http://www.telefonseelsorge.de)

#### Muslim Crisis Hotline (MuTeS)/Berlin <sup>TR</sup>

Phone: +49 30 443509821 <sup>24/7</sup>

Counseling in other foreign languages is available on demand.

[www.mutes.de](http://www.mutes.de)

#### [U25] Deutschland

Crisis support for young people under 25. Conducted via email and entirely anonymous, the service is provided by specially trained volunteers of a similar age.

[www.u25-deutschland.de](http://www.u25-deutschland.de)

### SELF-HELP GROUPS

#### Bonn self-help point of contact

*Selbsthilfe-Kontaktstelle Bonn*

Lotharstraße 95 | 53115 Bonn

Phone: +49 228 94933317  
 selbsthilfe-bonn@paritaet-nrw.org

[www.selbsthilfe-bonn.de](http://www.selbsthilfe-bonn.de)

## Psychosocial Counseling



Central Study Advisory and Counseling Service

## SERVICES AT THE UNIVERSITY OF BONN

### Psychological Counseling at the Central Study Advisory and Counseling Service (ZSB) <sup>EN</sup>

The ZSB offers psychological support—including on a preventive basis—to students and doctoral candidates at the University of Bonn who are facing mental health issues that can get in the way of their degree program or doctorate. If needed, we can also advise you on finding therapy and/or put you in touch with other services that will be able to help.

Poppelsdorfer Allee 49 | 3<sup>rd</sup> floor | 53115 Bonn  
 Phone: +49 228 73-7080 (front desk)  
 pb-zsb@uni-bonn.de

[www.uni-bonn.de/psychological-counseling](http://www.uni-bonn.de/psychological-counseling)

### Psychological clearing <sup>EN</sup>

Anonymous office hours open to all, with no need to register or make an appointment. The aim of psychological clearing is to help you assess your current situation, direct you toward suitable counseling services and show you how you can get treatment if needed.

Thursdays, 10 am to 11 am  
 On the first Thursday of the month online via Zoom

### Psychological counseling <sup>EN</sup>

One-to-one appointments to discuss psychological concerns, insecurities or problems that are having a negative impact on your quality of life or academic success. The consultations are geared toward developing new perspectives and constructive solutions.

**Please use the online booking system on our web page to make an appointment.**

### Workshops and Coachings <sup>EN</sup>

Organized in partnership with Healthy Campus Bonn, the "RessourcenStark durchs Studium" ("Sail through Your Studies with Strong Resources") series of workshops offers free workshops and coaching to develop and improve your overarching study skills and strengthen your personal resources.

[www.uni-bonn.de/en/studying/consultation-and-service/central-study-advisory-and-counseling-service/ressourcenstark-durchs-studium](http://www.uni-bonn.de/en/studying/consultation-and-service/central-study-advisory-and-counseling-service/ressourcenstark-durchs-studium)

### Studying with a disability

Students who are finding that their studies are being adversely affected by a chronic physical and/or psychological condition can get help and advice from the **representative for students with disabilities or chronic conditions**.

Marion Becker

Phone: +49 228 73-7306  
 studierenmithandicap@uni-bonn.de

[www.uni-bonn.de/en/studying/consultation-and-service/studying-with-health-impairments/studying-with-health-impairments](http://www.uni-bonn.de/en/studying/consultation-and-service/studying-with-health-impairments/studying-with-health-impairments)

### Gender Equality Office <sup>EN</sup>

The Gender Equality Office offers advice and support in cases related to equal opportunity and gender equality, e.g. sexual harassment or discrimination.

[www.gleichstellung.uni-bonn.de/en](http://www.gleichstellung.uni-bonn.de/en)

### Anti-racism counseling <sup>EN</sup> <sup>Tigrinya</sup>

Anti-racism counseling can help students who have been affected by racism at the university and are seeking support in dealing with their experiences of discrimination.

rassismuskritischeberatung@uni-bonn.de

[www.chancengerechtigkeit.uni-bonn.de/en/](http://www.chancengerechtigkeit.uni-bonn.de/en/)

## COUNSELING AND PSYCHOTHERAPY AFFILIATED WITH THE UNIVERSITY OF BONN

### Psychological Counselling Centre at the *Studierendenwerk Bonn* <sup>EN</sup>

Adenauerallee 63 | 53113 Bonn

Phone +49 228 73-7106  
 pbs@studierendenwerk-bonn.de

[www.studierendenwerk-bonn.de/en/counselling-social-affairs/psychological-counselling-centre](http://www.studierendenwerk-bonn.de/en/counselling-social-affairs/psychological-counselling-centre)

### Writing assistance offered by the *Studierendenwerk Bonn* <sup>EN</sup>

[www.studierendenwerk-bonn.de/en/counselling-social-affairs/writing-consultation](http://www.studierendenwerk-bonn.de/en/counselling-social-affairs/writing-consultation)

### Psychosocial Counseling Center (PSB) of the General Students' Committee (ASTa) <sup>EN</sup>

Students experiencing psychological or social difficulties may turn to the PSB of the ASTa for initial guidance.

Endenicher Allee 19 | container- room 6 | 53115 Bonn

Phone: +49 228 73-7034  
 psb@asta.uni-bonn.de

[www.asta-bonn.de/Psychosoziale\\_Beratung](http://www.asta-bonn.de/Psychosoziale_Beratung)

### University Psychotherapy Outpatient Clinic <sup>EN</sup>

The University Psychotherapy Outpatient Clinic offers therapy for a fee, which can be settled through statutory health insurance.

Department of Psychology at the University of Bonn  
 Dietkirchenstraße 28 | 53111 Bonn

Phone: +49 228 73-4079  
 sekamb@uni-bonn.de

[www.psychologie.uni-bonn.de/de/institut/abteilungen/psychotherapeutische-hochschulambulanz](http://www.psychologie.uni-bonn.de/de/institut/abteilungen/psychotherapeutische-hochschulambulanz)

## COUNSELING AND HELP FROM CHURCH INSTITUTIONS

The counseling services provided by the church institutions are not restricted to people who share their religious denomination.

### Protestant Students' Community Bonn (ESG) <sup>EN</sup> <sup>FR</sup>

Michael Pues, Student Pastor

Venusbergweg 4 | 53115 Bonn

Phone: +49 228 911-9912  
 pues@esg-bonn.de

[www.esg-bonn.com/beratung/spiritual-welfare/](http://www.esg-bonn.com/beratung/spiritual-welfare/)

### Protestant Counseling Center for Parental, Adolescent, Marriage, and Life Concerns <sup>EN</sup>

House of the Protestant Church

Adenauerallee 37 | 53113 Bonn

Phone: +49 228 6880-150  
 beratungsstelle-bonn@ekir.de

[www.beratungsstelle-bonn.de](http://www.beratungsstelle-bonn.de)

### Catholic Students' Community Bonn (KHG) <sup>EN</sup> <sup>FR</sup>

The KHG offers counseling and advice especially for international students and doctoral candidates and students with children facing personal, legal or financial difficulties.

Brüdergasse 8 | 53111 Bonn

Phone: +49 228 914450  
 info@khgbonn.de

[www.khgbonn.de/beratung/](http://www.khgbonn.de/beratung/)

### Catholic Counseling Center for Marriage, Family, and Life Concerns <sup>EN</sup>

Gerhard-von-Are-Straße 8 | 53111 Bonn

Phone: +49 228 63-0455  
 info@efl-bonn.de

[www.efl-bonn.de](http://www.efl-bonn.de)

## OTHER COUNSELING AND SUPPORT OPTIONS

### The Psychological Counseling Service of the City of Bonn <sup>EN</sup> <sup>FR</sup> <sup>IT</sup> <sup>NL</sup>

offers help for people 21 years or younger and their parents.

Oppelnerstr. 130 | 53119 Bonn

Phone: +49 228 77-4562  
 psychologische.beratungsstelle@bonn.de

Counseling in other foreign languages is available on demand.

### Counseling for young adults and their relatives in crisis (up to age 27)

TelefonSeelsorge Bonn/Rhein-Sieg e. V.

Counseling via telephone, online or face-to-face.

Phone: +49 228 696939 (to make an appointment)  
 beratung@ts-bonn-rhein-sieg.de

[www.ts-bonn-rhein-sieg.de](http://www.ts-bonn-rhein-sieg.de)

### Gemeindepsychiatrie Bonn-Rhein-Sieg gGmbH

The association offers numerous services, e.g. a crisis hotline for Bonn residents in psychosocial crises, as well as assistance for people with mental disabilities and their relatives.

Pfaffenweg 27 | 53227 Bonn

Phone: +49 228 965 3901 (crisis hotline)

[www.gemeindepsychiatrie.de](http://www.gemeindepsychiatrie.de)

### Help for People with Mental Disorders Bonn/Rhein-Sieg

Association for people and their relatives with mental illness

Kaiserstraße 79 | 53113 Bonn

Phone: + 49 228 289 1491

info@hfpk.de

[www.hfpk.de](http://www.hfpk.de)

### Counseling Center against Sexualized Violence <sup>EN</sup> <sup>FR</sup>

Support for affected people, caregivers and professionals

Wilhelmstraße 27 | 53111 Bonn

Phone: + 49 228 635524

info@beratung-bonn.de

[www.beratung-bonn.de/beratung-und-begleitung](http://www.beratung-bonn.de/beratung-und-begleitung)

Outpatient consultation in cases of addiction and dependence:

### PAUKE Bonn-Rhein-Sieg gGmbH <sup>EN</sup> <sup>FR</sup> <sup>IT</sup>

Endenicher Straße 18 | 53115 Bonn

Phone: +49 228 9753-1716

ambulante-beratung@pauke-bonn.de

[www.stiftung-gemeindepsychiatrie.de/pauke/](http://www.stiftung-gemeindepsychiatrie.de/pauke/)

### Outpatient Addiction Aid Bonn <sup>EN</sup>

The Caritas Association and the Diakonisches Werk work together to provide outpatient addiction aid, offering a comprehensive range of treatments as well as online counseling.

[www.suchthilfe-bonn.de](http://www.suchthilfe-bonn.de)

## INFORMATION PORTALS

There are numerous portals providing well-presented information and contact details on specific topics such as chronic mental health issues, depression, suicidal thoughts and neurodivergence:

[www.suizidprophylaxe.de](http://www.suizidprophylaxe.de)

[www.kombabb.de](http://www.kombabb.de)

[www.adhs.info](http://www.adhs.info)

[www.autismus.de](http://www.autismus.de)

