

Disability and Mental Health Support Services *Information for BeCog Students*

Disabilities or chronic diseases can lead to direct disadvantages in university studies. Compensation possibilities have been made available to offset such disadvantages on an individual basis. If you would like to discuss possible measures, please contact the BeCog Coordination Office or the Representative for Students with Disabilities and Chronic Diseases (see *Barrier-free studying* below).

PhD studies can be challenging at times. If you encounter difficulties at any stage, we recommend that you seek support. Please feel free to contact the BeCog Coordination Office first (all information will be treated as strictly confidential), but also take a look at the support services offered by the University of Göttingen listed below.

- General Counselling services offered for students of the University of Göttingen -

Barrier-free studying

Website: <https://www.uni-goettingen.de/en/408350.html>

E-mail: katrin.lux@zvw.uni-goettingen.de

The Representative for students with disabilities and chronic diseases offers advice to students studying with disabilities, chronic diseases and mental illnesses.

Psychosoziale Beratung (PSB)/Psychosocial Counselling

Website: <https://www.studentenwerk-goettingen.de/beratung-soziales/psb>

E-mail: psb@studentenwerk-goettingen.de

The staff at PSB offer students in-person, video-conference or over the phone counselling on a variety of topics, e.g.: Learning and work problems; Excessive performance demands that we may place on ourselves; Feelings of overwhelm, fear of failure, fear of the future; Disorientation and difficulty with decision-making; Personal crises, depression

Psychotherapeutische Ambulanz für Studierende (PAS) / Psychotherapeutic Outpatient Clinic for Students at the University of Goettingen

Website: https://www.pas.uni-goettingen.de/index_engl.html

E-mail: pas@uni-goettingen.de

The staff at PAS focuses on the diagnosis, counseling and treatment of students in psychological crisis situations.

The Welcome Centre of the University of Göttingen

Website: <https://www.uni-goettingen.de/en/welcome+centre/87827.html>

E-mail: welcome@uni-goettingen.de

The Welcome Center offers international students support in locating therapists who speak English, or languages other than German.

- Extensive information on mental health and disability support services is available here: -

BeCog GAUSS students can refer to the GAUSS website:

<https://www.uni-goettingen.de/en/567640.html>

BeCog GSGG students can refer to the GSGG website:

<https://www.uni-goettingen.de/en/537039.html>