

The background of the slide is a close-up photograph of wood grain. The wood has a warm, reddish-brown hue. On the right side, there are several concentric, circular growth rings, creating a spiral-like pattern that draws the eye towards the center. The overall texture is smooth but shows natural wood grain variations.

Psychological Counseling

Counseling Offers

Individual Counseling

1st Step: Quick Orientational appointment after registration

2nd Step: depending on the topic

- Individual appointments
- Group appointments, workshops
- Referral to another service outside the university

Groups

Topics: procrastination, social anxiety, ADHD, HOPES (for students with psychological disorders) etc.

Further informationen under www.uni-hamburg.de/psychologischeberatung

Further Offers

Workshops and Coachings

- Various workshops: learning strategies, time management, skills development during in exam situations, self-doubt etc.
- Mostly on site
- In cooperation with the Center for Academic Advising
- Further information and registration online via www.uni-hamburg.de/woc

Open Counseling Hour

- Always on Monday from 11 to 12 am
- Without prior registration: via telephone
040 42838 -8916

Crisis intervention

- Contact via the registration portal
- In case of an acute crisis: 112

Thank you for your attention!

We wish you a succesful start of your studies!