

Overview of counselling services within and outside of the UMR, listed according to reason for seeking support

Support in case of problems regarding your studies

Cause	Contact	Contact Details	Additional Information
Various study-related matters, first port of call when uncertain as to who to get in touch with	Marburger Studientelefon	MR 28 22222 https://www.uni-marburg.de/de/studium/service/studifon	free German English
Enquiries regarding course structure, transition to working life, doubts regarding your studies	Zentrale Allgemeine Studienberatung	https://www.uni-marburg.de/de/studium/service/zas/studierende zas@uni-marburg.de MR 28 26037	free German (currently not available in English)
Questions and problems regarding student financing	Sozialberatung AStA	https://www.asta-marburg.de/service/sozialberatung/	free German (currently not available in English)
Legal advice	Rechtsberatung AStA	https://www.asta-marburg.de/service/rechtsberatung/	free German (currently not available in English)

Advice and guidance for students with disabilities	Servicestelle Studierende mit Behinderung	https://www.uni-marburg.de/de/studium/service/sbs	free German (currently not available in English)
Problems with coursework, exams, transfer of credits, course of study, choice of electives and modules, other questions and problems with regards to your studies	Studienfachberatung am FB04 Studentische Studienfachberatung	https://www.uni-marburg.de/de/fb04/studium/beratung/studienfachberatung https://www.uni-marburg.de/de/fb04/studium/beratung/you-ll-never-walk-alone	free German (currently not available in English)

Support in case of exam anxiety/difficulties with studying

Cause	Contact	Contact Details	Additional Information
Doubts regarding your studies, transition to working life, learning difficulties and stress (e.g. exam anxiety, procrastination)	Zentrale Allgemeine Studienberatung	https://www.uni-marburg.de/de/studium/service/zas/studierende Personalised consultations on study options, difficulties with studying and work, problems with your studies, transition into working life: https://www.uni-marburg.de/de/studium/service/zas/beratung Study Skills: Workshops on study skills, including digital studies: https://www.uni-marburg.de/de/studium/service/zas/studyskillsworkshops	consultations free of charge, also via phone German (currently not available in English)

Support in case of problems and stress due to Covid-19 and circumstances related to the pandemic

Cause	Contact	Contact Details	Additional Information
Dealing with problems caused by the pandemic, such as uncertainties, anxiety, loneliness, interpersonal problems	Informationen und Links der Deutschen Gesellschaft für Psychologie	https://psychologische-coronahilfe.de/	free links, tips and tricks available online German (currently not available in English)
	Bundesverband Österreichischer PsychologInnen	https://www.boep.or.at/aktuelles/detail?news_item_id=5e70ae643c15c85df5000008	German English
Counselling for personal problems, stress, and difficulties	Studentische Beratung Marburg	https://www.stube-marburg.de/ beratung@stube-marburg.de	Consultation online via video or phone, free, provided by students for students German, English, Spanish, Turkish, Russian, Ukrainian

Support in cases of crisis, problems, and stress

Cause	Contact	Contact Details	Additional Information
All kinds of personal problems, stress and difficulties	Studentische Beratung Marburg	https://www.stube-marburg.de/ beratung@stube-marburg.de	Consultation online via video or phone , free, provided by students for students German, English, Spanish, Turkish, Russian, Ukrainian
All kinds of personal problems and conflicts (e.g. feeling overburdened, dealing with problems, loneliness, anxieties, guilt etc.; conflicts in relationships, family, pregnancy, education, advice on subsequent treatment options, acute psychological crises)	Psychotherapeutische Beratungsstelle	https://www.uni-marburg.de/de/studium/service/weitere/psychotherapeutische-beratung psychotherapeut.beratung@uni-marburg.de	free counseling via online videochat or phone German (currently not available in English)
	Philippshaus (in Trägerschaft der Diakonie)	https://beratungsstellen-philippshaus.de/index.php?id=49 06421-27888 (Due to Covid-19, please make an appointment.)	free German (currently not available in English)
	Bürgerinitiative Sozialpsychiatrie - Psychologische Beratung	https://www.bi-marburg.de/beratungsstelle-marburg/psychosoziale-kontakt-beratungsstelle-marburg/ 0 64 21 / 17699 – 34 pskb@bi-sozialpsychiatrie.de	free German (currently not available in English)

Persistent preoccupations, anxieties, sadness, and feelings of being overburdened, support in cases of clinically significant psychological disorders	PAM Marburg PSYMA	Psychotherapeutic Ambulance at the Philipps-University Marburg, Department of Psychology: https://www.uni-marburg.de/de/fb04/therapie-und-beratung/pam Resident Psychotherapists in Marburg: www.psychotherapie-marburg.de	Psychotherapeutic treatment covered by health insurance, evaluation of treatment needs (during consultation hours) PAM: German, English PSYMA: German, English, French, Spanish, Italian, Turkish, Russian, Greek, Chinese
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Help in Emergencies (24h): Acute personal and psychological crises

Anlass	Stelle	Kontakt	additional Information
Emergencies: acute crises due to feelings of hoplessness and thoughts of taking your own life	Telefonseelsorge Marburg	https://www.telefonseelsorge-marburg.de/cms/ 0800/1110111 0800/1110222 (also via chat or e-mail)	free, available 24h German (currently not available in English)
Emergencies: acute crises due to feelings of hoplessness and thoughts of taking your own life	UKGM Emergency room (Location: Ortenberg)	Universitätsklinik Marburg Klinik für Psychiatrie und Psychotherapie Rudolf-Bultmann-Straße 8 35039 Marburg 06421/5865200	available 24h, covered by health insurance
	Emergency Admission Vitos-Clinic Cappel	Vitos Klinik für Psychiatrie und Psychotherapie Cappeler Str. 98 35039 Marburg 06421/4041	

Support with conflicts in relationships and/or sexual violence

Anlass	Stelle	Kontakt	additional Information
Couple counseling, separation counselling, life planning (wish to have a child, pregnancy), in cases of acute crises, anxieties, or preoccupations with relationships and sexuality	ProFamilia Beratungsstelle	https://www.profamilia.de/angebote-vor-ort/hessen/beratungsstelle-marburg 06421 21800	German (currently not available in English) Leaflets available in German, English, French, Turkish
Experiences with sexual violence in childhood and youth	Wildwasser (Counselling service on sexual violence in childhood and youth)	https://www.wildwasser-marburg.de/ info@wildwasser-marburg.de 06421 / 14466	free German (currently not available in English)
Experiences with sexual violence at all ages, for persons directly affected as well as the people supporting them; emergency medical care	Frauennotruf Marburg (Women's Emergency Hotline Marburg)	https://www.frauennotruf-marburg.de/ mail(at)frauennotruf-marburg.de 06421 21438	free, available in person or via phone German, English, French other languages in cooperation with interpreters