



SUPPORT FOR STUDENTS

in the event of an acute crisis, psychological stress or mental health disorder



PSYCHOLOGICAL STRESS AND MENTAL HEALTH DISORDERS

DEPARTMENT OF PSYCHIATRY, PSYCHOSOMATICS AND PSYCHOTHERAPY OF UNIVERSITY HOSPITAL WÜRZBURG

General and special consultation hours

The department offers outpatient treatment for early detection, prevention of illness and relapse, and avoidance of unwanted therapeutic effects. Care includes family counselling, crisis intervention, addiction and suicide prevention. Alongside regular outpatient treatment, the various specialised outpatient clinics provide post-inpatient care for patients following an inpatient stay. You can register and make an appointment by telephone (**0931 20177800**) or email (**ep_poli@ukw.de**) via the secretariat during opening hours.

AMBULANTE OUTPATIENT PSYCHOTHERAPY

Consultation hours (therapy places, appointments service)

www.kvb.de/service/patienten/terminservicestelle/terminservicestelle-psychotherapie/

UNIVERSITY PSYCHOTHERAPY OUTPATIENT DEPARTMENT

If you are interested in consulting a psychotherapist, please call us during our regular consultation hours (Mon 12.00 – 13.00, Wed 9.00 – 10.00 and Thu 18.00 – 19.00).

Telephone: **0931 3182839**

Email: **hochschulambulanz@psychologie.uni-wuerzburg.de**

www.psychologie.uni-wuerzburg.de/hochschulambulanz/psychotherapie/

PSYCHOLOGICAL COUNSELLING TEAM OF THE CATHOLIC UNIVERSITY COMMUNITY

Email: **beratungsteam@khg-wuerzburg.de**

www.khg-wuerzburg.de/arbeitskreise-initiativen/psychol-beratungsteam/

Hofstallstr. 4, 97070 Würzburg

PSYCHOTHERAPEUTIC COUNSELLING CENTRE OF WÜRZBURG STUDENTS' UNION

The Psychotherapeutic Counselling Centre is at the disposal of all students at the universities in Würzburg, Aschaffenburg, Schweinfurt and Bamberg. Its counsellors help you to gain a better understanding of your personal problems, explore possible solutions and get to grips with upcoming changes. For study-related problems, the counselling centre suggests how students can structure their everyday work routine in a meaningful way and study effectively. The centre is staffed by a team of psychologists.

The counselling centre is bound to secrecy and treats all data and personal information confidentially. It is part of the Students' Union and independent of the universities.

The counselling centre also offers seminars and groups on various topics. You can register under:

[www.swerk-wue.de/wuerzburg/beratung/
psychotherapeutische-beratung](http://www.swerk-wue.de/wuerzburg/beratung/psychotherapeutische-beratung)

Am Studentenhaus, 97072 Würzburg

PSYCHOLOGICAL COUNSELLING CENTRE OF THE PROTESTANT STUDENT COMMUNITY

Telephone: **0931 7961914**

Email: **beratungsstelle@esg-wuerzburg.de**

<https://esg-wuerzburg.de/beratung/>

Friedrich-Ebert-Ring 27b, 97072 Würzburg



An acute crisis involves a loss of inner balance, when coping with a situation or circumstances becomes impossible because the usual behavioural strategies are ineffective or else collapse. Such situations often disrupt a person's state of mind.

Sometimes, feelings can become so intense that they are difficult to control and, for example, fear, anger, hopelessness, loneliness or sadness can seem overwhelming and threatening.

The causes of a psychological crisis vary. Experiencing a loss, traumatic events, psychosocial conflicts or life-changing upheavals are just some of the possible triggers. The cause can stem from short-term stress, for example a shock reaction to a genuinely dangerous situation. Or it may be the result of continuous pressure that accumulates over time and suddenly erupts. This manifests itself in symptoms such as acute anxiety, aggressiveness, confusion or delusions of varying intensity.

If someone is unable to overcome a psychological crisis on their own in a short space of time, they should seek professional help.

This flyer lists possible contact points for those affected.



HELP IN AN ACUTE CRISIS

AMBULANCE / EMERGENCY DOCTOR

Telephone: **112**

CRISIS HOTLINE

Telephone 24 hours a day, 7 days a week:

0800 6553000

www.krisendienste.bayern/

COUNSELLING HOTLINE

Telephone 24 hours a day, 7 days a week:

0800 1110111 or **0800 1110222**

www.telefonseelsorge-wuerzburg.de/

DEPARTMENT OF PSYCHIATRY, PSYCHOSOMATICS AND PSYCHOTHERAPY OF UNIVERSITY HOSPITAL WÜRZBURG

Please call the reception desk on **0931 20176050** and ask
to be put through to the doctor on duty.

www.ukw.de/psychiatrie/startseite/

Margarete-Höppel-Platz 1, 97080 Würzburg

ZENTRUM FÜR SEELISCHE GESUNDHEIT (ZSG) AM KÖNIG-LUDWIG-HAUS (MENTAL HEALTH CENTRE)

Telephone: **0931 8030**

Doctor on duty: **0931 8035528**

<https://zentrum-fuer-seelische-gesundheit.bezirk-unterfranken.de/>

Brettreichstr. 11, 97074 Würzburg

BEZIRKSKRANKENHAUS LOHR (LOHR DISTRICT HOSPITAL)

Telephone: **09352 5030**

www.bezirkskrankenhaus-lohr.de/

Am Sommerberg 21, 97816 Lohr am Main

BEZIRKSKRANKENHAUS WERNECK (WERNECK DISTRICT HOSPITAL)

Telephone: **09722 210**

www.psychiatrie-werneck.de/

Balthasar-Neumann-Platz 1, 97440 Werneck

SERVICES AT THE UNIVERSITY OF WÜRZBURG

For students

KIS DISABILITY RESOURCE CENTRE

Sandra Mölter M.A.

Counselling and support for study-related problems in the event of an existing mental health disorder (e.g. depression, anxiety disorder, ADHD, PTSD).

Telephone: **0931 3184052**

Email: **kis@uni-wuerzburg.de**

www.uni-wuerzburg.de/chancengleichheit/kis/startseite/

Am Hubland, 97074 Würzburg

KIS can also refer you to other suitable counselling services!!!

For doctoral candidates with an employment contract

CONFLICT COUNSELLING CENTRE / ADDICTION COUNSELLING CENTRE

Director: Katja Beck-Doßler, Psychologist

Telephone: **0931 3182020**

Email: **konfliktberatung@uni-wuerzburg.de**

Email: **suchtberatung@uni-wuerzburg.de**

www.uni-wuerzburg.de/beschaefigte/konfliktmanagement/konfliktberatungsstelle/

www.uni-wuerzburg.de/beschaefigte/suchtberatung/

Marcusstraße 9–11, 97070 Würzburg

V.i.S.d.P: Universität Würzburg, Kontakt- und Informationsstelle für Studierende mit Behinderung und chronischer Erkrankung (KIS)

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