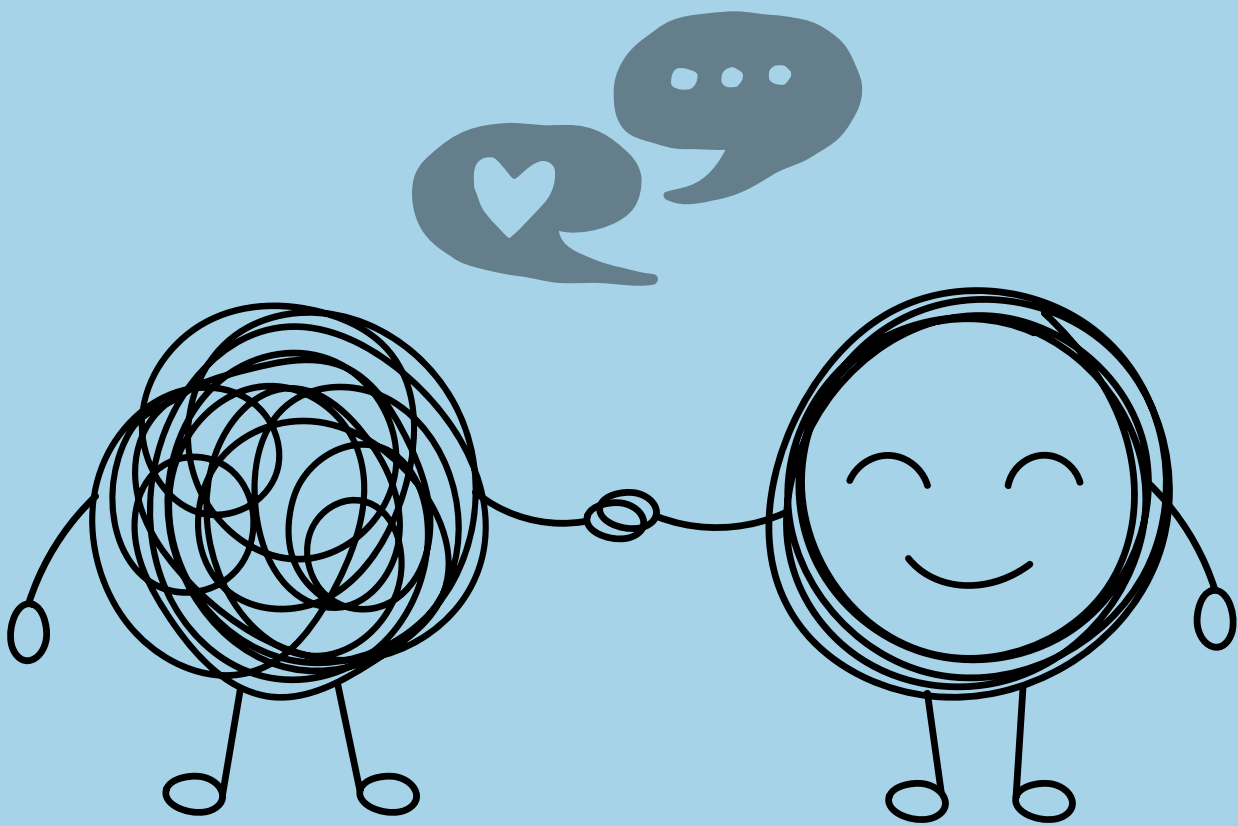


COUNSELING SERVICE

IT'S OKAY TO ASK FOR HELP.



INTERNAL & EXTERNAL
SUPPORT SERVICES IN SIEGEN

Table of Contents

1. Internal Support Services

- Central Student Advisory Service (ZSB).....Page 3
- International OfficePage 4
- Psychological CounselingPage 5
- Psychosocial Therapy at the University of Siegen.....Page 6

2. External Support Services

- Caritas Association Siegen-Wittgenstein e.V.....Page 7
- Diakonie in South Westphalia – Counseling Center.....Page 8
- Arbeiterwohlfahrt Kreisverband Siegen-Wittgenstein/Olpe– Counseling Center.....Page 9
- Telephone Counseling.....Page 10
- Women’s Counseling Center / Specialized Counseling for Sexual Violence.....Page 10
- Refugee Counseling – VAKS e.V.....Page 11
- Krisenchat 24/7 Crisis Counseling...Page 12

Internal Support Services

Central Student Advisory Service (ZSB)

- *Individual consultation appointments available*

Contact:

 Student Hotline: 0271 740-2712

 Sandstraße 16-18, 57072 Siegen

Email: info.studienberatung@zsb.uni-siegen.de

Website:

- ZSB Main Page: [Click here](#).



Workshops and Events for Students

Topics:

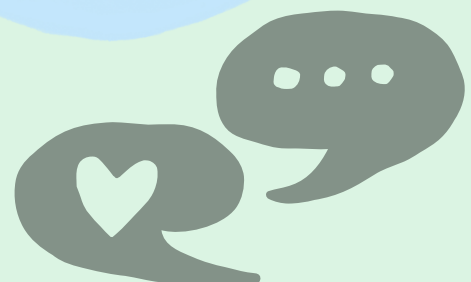
- Counseling/Workshops
- Doubts in Studies
- Exam Anxiety
- Study Techniques
- Psychotherapy
- Relaxation

Hours:

Mon – Thu: 9 AM – 4 PM

Fri: 9 AM – 12 PM

You can find information
about [events and workshops](#)
on this page.



International Office

Resources for International Students: [Click here](#).

- *Click here to access valuable information and services tailored for international students. Find support for integration, mental health, and more!*



- **Degree Students:** [Click here](#)



- **Exchange Students:** [Click here](#)



Psychological Counseling

Contact:



0271 740 -4300



Sandstraße 16-18, 57072 Siegen

Email: psychologischeberatung@zv.uni-siegen.de



Psychological Counseling: [Click here](#)

- Psychological counseling and assistance with study-related issues and personal concerns
- Available in English, German, and Turkish

To make an appointment, send an E-Mail to psychologischeberatung@zv.uni-siegen.de answering the following questions:

- Which language would you like the counseling in? (German, English or Turkish)
- What is your availability? Please list specific days and times you're available.

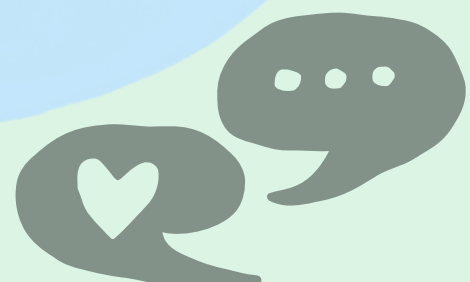


Dipl.-Psych. Emine Selvi
Room: F-S 205 (2nd floor)

Psychologist Anna Elisabeth Buchner (M.Sc.)
(on parental leave)
Room: F-S 206 (2nd floor)

Psychologist Christina Eisenbach (M.Sc.)
Room: F-S 206 (2nd floor)

Psychologist Sophie Seeger (M.Sc.)
Room: F-S 204 (2nd floor)



Psychosocial Therapy at the University of Siegen

Hochschulambulanz

- Free and confidential psychosocial counseling
- Available in English, German, and Turkish
- For students dealing with stress, mental, or personal issue

Contact:

Psychotherapeutic University Outpatient Clinic

 Fürst-Johann-Moritz-Str. 8-10, Psychotherapeutic University
Outpatient Clinic of the University of Siegen, 57072 Siegen

 0271 740 5550

Email: pha@uni-siegen.de

 [PHA Main Page: Click here](#)



Consultation hours:

By appointment –
please call to schedule.

Monday: 2:00 PM – 3:00 PM
Thursday: 10:00 AM – 11:00 AM



External Support Services

Caritas Association Siegen-Wittgenstein e.V.

- *Psychological counseling and support for mental and social issues, migration, and refugee counseling*

Contact:

 Address: Häutebachweg 5, 57072 Siegen
District Office "Heckersberg"
Weidenauer Str. 54, 57250 Netphen

 0271 23602-0

Email: info@caritas-siegen.de

 [Caritas Siegen Integration & Migration: Click here](#)



Appointments online –
please call to schedule

Svetlana Will

Tel. 0271 23602-36

Email: s.will@caritas-siegen.de

Jennifer Püttmann

Tel. 0271/23602-18

Email: j.puettmann@caritas-siegen.de

Opening hours:

Monday to Thursday: 8:00 AM – 12:00 PM

and 1:00 PM – 4:00 PM

Friday: 8:00 AM – 12:00 PM



Diakonie in South Westphalia – Counseling Center

- *Life and social counseling, assistance with psychological stress, and crisis intervention*

 Sieghütter Hauptweg 3, 57072 Siegen

 02 71 50 03-0

Email: info@diakonie-sw.de

 [Diakonie Counseling Services: Click here](#)



Migration Counseling:

Monday to Friday

Contact:

Bettina Klein

Phone: 0271 5003 103 or Mobile: 0160 96 91 67 29

Email: bettina.klein@diakonie-sw.de

Mailing Address: Sieghütter Hauptweg 3,
57072 Siegen Diakonie



Arbeiterwohlfahrt Kreisverband Siegen-Wittgenstein/Olpe-Counseling Center

- *Social counseling services and support for mental health and social distress*

 Koblenzer Str. 136, 57072 Siegen

 0271 3386-0

Email: info@awo-siegen.de

 [AWO Migration Services: Click here](#)



Migration Counseling for Adult Immigrants

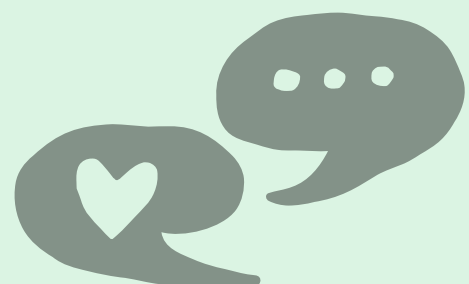
Contact:

Sophie Kröckel

Phone: 02732 7698560

Email: s.kroeckel@awo-siegen.de

Adress: Danziger Straße 2, 57223 Kreuztal



Telephone Counseling

- Free and anonymous counseling for acute psychological crises available 24/7

 0800 111 0 111

 Telephone Counseling Service: [Click here](#)



Women's Counseling Center / Specialized Counseling for Sexual Violence

 Freudenberg Str. 28, 57072 Siegen

 0271 21887

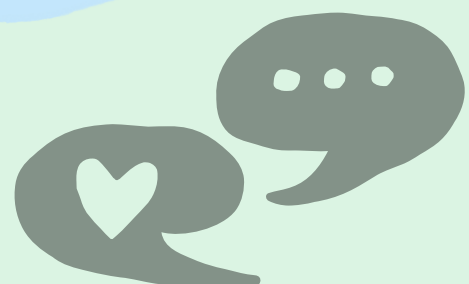
 Women Help Women Siegen: [Click here](#)

Email: frauenberatung@frauenhelfenfrauen-siegen.de
frauennotruf@frauenhelfenfrauen-siegen.de



Counseling appointments by prior arrangement:

Monday to Friday: 10 AM – 12 PM
Phone: 0271 21887



Refugee Counseling – VAKS e.V.

- Support for international students and refugees in difficult situations

Contact Information:

 Hinterstraße 26, 57076 Siegen

 0271 2319333

Email: info@vaks.info

 Refugee Counseling Services: [Click here](#)



Services Offered:

- Guidance on residence permits, integration, and legal issues.
- Assistance with mental health and crisis situations.
- Referrals to specialized psychological and social support organizations.
- Support for navigating cultural and social challenges in Germany.

Key Features:

- Free and confidential counseling.
- Open to all nationalities and backgrounds.
- Focused on individualized, empathetic assistance.

This service can be a valuable resource for international students dealing with legal or personal challenges.

Counseling available in English

Contact:

Regina Kürschner

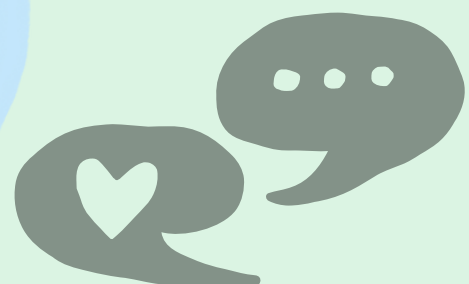
Phone: 0271 – 21900

Address: Hinterstraße 52

57072 Siegen

Email:

regina.kuerschner.vaks@gmail.com



Krisenchat – 24/7 Crisis Counseling

- Crisis chat: An online messaging service offering immediate support during difficult times
- Anonymous & confidential: Ensures privacy and a safe space for individuals in distress
- Real-time assistance: Trained counselors or volunteers provide help during emotional or psychological challenges
- Accessible: Ideal for those who feel uncomfortable with in-person counseling or need quick support
- Available 24/7: Often available around the clock for urgent situations
- free and for everyone under the age of 25



[Crisis Chat: Click here](#)

