

COUNSELING SERVICES

It's okay to ask for help.



OUR SERVICES IN SIEGEN

- ✓ Internal support Service
- ✓ External Support Service

CONTACT US

WE ARE HERE TO HELP



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WE ARE HERE TO HELP

Internal Support Service

CENTRAL STUDENT ADVISORY SERVICE (ZSB)

Individual consultation appointments available



Contact:



Student Hotline: 0271 740-2712



Sandstraße 16-18, 57072 Siegen



info.studienberatung@zsb.uni-siegen.de

Website:

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

INTERNATIONAL OFFICE

Resources for International Students:



information and services tailored for international students.

Find support for integration, mental health, and more!



Degree Students



Exchange Students

PSYCHOLOGICAL COUNSELING

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

Contact:



0271 740 -4300



Sandstraße 16-18, 57072 Siegen



psychologischeberatung@zv.uni-siegen.de

To make an appointment, send an e-mail and mention preferred language for counseling and list your specific availability

Dipl.-Psych. Emine Selvi
Room: F-S 205

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

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

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

Consultation hours:

By appointment –
please call to schedule.

Monday: 2:00 PM – 3:00 PM

Thursday: 10:00 AM – 11:00 AM

Contact:



Psychotherapeutic University Outpatient Clinic

Fürst-Johann-Moritz-Str. 8-10, 57072 Siegen



0271 740 5550



pha@uni-siegen.de






External Support Service

CARITAS ASSOCIATION SIEGEN-WITTGENSTEIN E.V.

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



Contact:

 Häutebachweg 5, 57072 Siegen
District Office "Heckersberg"
Weidenauer Str. 54, 57250 Netphen
 0271 23602-0
 info@caritas-siegen.de

Opening hours:

Mo-Th: 8AM – 12PM & 1 PM – 4PM
Fri: 8:AM – 12:PM

Appointments online –
please call to schedule

Svetlana Will

Tel. 0271 23602-36
s.will@caritas-siegen.de




Jennifer Püttmann

Tel. 0271/23602-18
j.puettmann@caritas-siegen.de

DIAKONIE IN SOUTH-WESTPHALIA- COUNSELING CENTER

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

Contact:

 Sieghütter Hauptweg 3, 57072 Siegen
 02 71 50 03-0
 info@diakonie-sw.de



Migration Counseling:

Monday to Friday

Contact:

Bettina Klein

Phone: 0271 5003 103
or Mobile: 0160 96 91 67 29
bettina.klein@diakonie-sw.de

Wegweiser des Gesundheitsmanagements health up

- *guide that provides information, orientation, and resources related to health management*

Contact:




https://www.uni-siegen.de/sport/gesundheitsportal/dein_wegweiser_gesund_studieren.html?lang=de




REFUGEE COUNSELING- VAKS E.V.


Support for international students and refugees in difficult situations (legal and personal challenges)

Contact:

 Hinterstraße 26, 57076 Siegen

 0271 2319333

 info@vaks.info

 <https://www.vaks.info/fluechtlingsberatung/>



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.

Counseling available in English

Contact:

Regina Kürschner

0271 – 21900

Hinterstraße 52




57072 Siegen

regina.kuerschner.vaks@gmail.com

ARBEITERWOHLFAHRT KREISVERBAND SIEGEN-WITTGENSTEIN/OLPE COUNSELING CENTER

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

Contact:

 Koblenzer Str. 136, 57072 Siegen
 0271 3386-0
 info@awo-siegen.de








Migration Counseling for Adult Immigrants

Contact:
Sophie Kröckel

02732 7698560
s.kroeckel@awo-siegen.de
Danziger Straße 2
57223 Kreuztal

WOMEN'S COUNSELING CENTER / SPECIALIZED COUNSELING FOR SEXUAL VIOLENCE

Contact:

 Freudenberg Str. 28, 57072 Siegen
 0271 21887
 frauenberatung@frauenhelfenfrauen-siegen.de
 frauennotruf@frauenhelfenfrauen-siegen.de
 <https://www.frauenhelfenfrauen-siegen.de>



**Counseling appointments
by prior arrangement:**

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

TELEPHONE COUNSELING

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

Contact:



0800 111 0 111



<https://www.telefonseelsorge.de>



KRISENCHAT- 24/7 ONLINE 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



<https://www.krisenchat.de/en>



NUMMER GEGEN KUMMER

- *Free and anonymous counseling*

Contact:


 <https://www.krisenchat.de/en>



HEIMWEGTELEFON e.V.

- *when you are walking home and don't want to be alone, you can call the number*

Contact:

 <https://heimwegtelefon.net>



NIGHTLINE

- *Free and anonymous counseling fellow student volunteers*

Contact:

 <https://nightlines.eu/erreichbarkeit/>



INTERNETSEELSORGE

- *anonymous counseling via e-mail or chat*



<https://www.internetseelsorge.de>



CHATSEELSORGE

- *anonymous counseling via chat*

Contact:



<https://www.chatseelsorge.de>



PLAUDERNETZ MALTESER

- *free telephone service where people can have friendly conversations with volunteer partners*
- *(good for practicing German:)*

Contact:



<https://plaudernetz.malteser.de>

