

Support for students - 'You are not alone! We are happy to help you confidentially!'

HSBA-contact points:

Representatives for students with impairments: Sebastian Bink, Daniela Hoops: wellbeing@hsba.de

Diversity-Representatives: Prof. Dr. Katja Starcken, Katrin Schramm: diversity@hsba.de

Study advisory services Bachelor:

Business Administration, Business Informatics: Volker Rossius: Volker.Rossius@hsba.de

International Management, Logistics Management: Anne Petersen: Anne.Petersen@hsba.de

Study advisory services Master:

Digital Transformation & Sustainability, Master of Business Administration:

Katrin Schramm: Katrin.Schramm@hsba.de

Business Development, Innovation Management: Petra Ehrhorn: Petra.Ehrhorn@hsba.de

Advisory services on exam-related topics: Sascha Prostka: Sascha.Prostka@hsba.de,

Daniela Hoops: Daniela.Hoops@hsba.de

Advisory services for students at the HSBA: [For Students - Advisory Services | HSBA](#)

External, free of charge contact points:

Speaking Time for you: virtualsupporttalks.de/en/i-need-speaking-time *Over 350 listeners who will listen to you - attentively, empathically and confidentially - by phone, Skype, Zoom, WhatsApp or Facetime.*

Listening and information hotline by students for students: nightlines.eu/english/ *Nightlines offer you the opportunity to talk about things that are currently on your mind. No matter whether you have a specific concern, don't know who to turn to or simply need someone to listen to you. A Nightline always has an open ear for you (regardless of the city from which it is offered).*

Crisis chat: krisenchat.de/en *Here you can find chat advice from professionals at any time, for anyone under the age of 25.*

Telephone advisory service: *The TelefonSeelsorge® in Germany only offers calls in German. If you would like to call in your native language, you can find help at the following centres.*

<https://www.telefonseelsorge.de/internationale-hilfe/#ihkontakt>

Caritas online advisory service: www.caritas.de/hilfeundberatung/onlineberatung *Anonymous online advisory service on various topics (e.g. disability and mental impairment, general social counselling, parents and family, etc.) Questions can be entered in a secure online form. Caritas staff usually respond within two working days. Only available in German.*

Independent Patient Counselling Germany (UPD): [Startseite - UPD – Unabhängige Patientenberatung Deutschland](#) Telephone: **0800 0117722** *This patient counselling service advises patients and consumers on health and health law issues. Specialists from the fields of health and law provide clear, neutral and scientifically sound information. Only available in German.*

Social psychiatric services: *The social psychiatric services provide outpatient care and support for people with chronic mental disorders. Both those affected and their relatives can obtain counselling. The psychiatric services are organised locally and are best found by entering your place of residence in a search engine.*

Psychotherapy: 116117.de/de/englisch.php *you will receive an appointment for a psychotherapeutic consultation within 4 weeks under the telephone number: **116117**. Alternatively you can make an appointment for a consultation online. The cost are covered by your health insurance/Krankenkasse.*

Depression information hotline: 0800 3344533 (only offers calls in German) *The depression information hotline offers: Disease and treatment-related information, information on contact points in the existing care system*

Information and help with depression: [Start - iFightDepression \[EN\]](#)

Supporting apps - free of charge / costs covered by health insurance if prescribed by a doctor: [Ein guter Plan: Die App für mehr Achtsamkeit \(und Katzenschnurren\)](#) - only available in German; [elona therapy für Patient:innen – Elona Health](#) - only available in German; [HelloBetter auf Rezept: So funktioniert es Deine digitale Hilfe bei Panik und Agoraphobie | Mindable Health](#) – Website only available in German but the App is available in English; [How We Feel](#); [Psychologische Hilfe ohne Warteliste | - Selfapy](#) - the courses depression and generalised anxiety disorder are available in English

Guidebook – Mental Health: [ZEIT Campus Ratgeber Mental Health by ZEIT Magazine - Issuu](#)
Only available in German