

REPRESENTATIVES FOR SEVERELY DISABLED PERSONS

Will my disability be taken into account in the application process? Can I study/work well with my impairment? Where can I get support? Our representatives for severely handicapped students help you to find the right support, answer your questions and help you to clarify your personal concerns in a differentiated way.

bernhard.becher@uni-erfurt.de // 0361/737-5101 (students)

franziska.gossen@uni-erfurt.de // 0361 737-4900 (employees)

DIVERSITY OFFICER

The Diversity Officer looks after the interests of all members, relatives, phd candidates and applicants to the university, in particular the interests of students with a disability, a mental illness or a chronic illness. He/she advises them and works to eliminate existing disadvantages and barriers.

diversitaet@uni-erfurt.de // 0361/737-5003

UNIVERSITY GROUP „CAMPUS-WELTEN“*

The university group „Campus-WELTEN“ (Campus Worlds) campaigns for the health of students at the University of Erfurt. Anyone who is interested in the topic of health can join.

hsg.campuswelten@uni-erfurt.dert.de

www.facebook.com/CampusWELTEN/

**This offer is only for students.*

CONTACT

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    [unierfurt](https://www.uni-erfurt.de)



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**UNIVERSITÄT
ERFURT**

**University Health
Management –
Counselling Services**



With this flyer we would like to inform you about the counselling and support services in the area of mental/physical health at the University of Erfurt. The [University Health Management \(UGM\)](#) is an offer for all members of the University of Erfurt. Together with our cooperation partner, AOK PLUS, we have set ourselves the goal of maintaining and promoting your health.

UNIVERSITY HEALTH MANAGEMENT

gesundheit@uni-erfurt.de // 0361/737-5012

www.uni-erfurt.de/interner-service/service/gesunde-universitaet/angebote-der-gesundheitsfoerderung

MENTAL HEALTH FIRST AID

Among the most common mental illnesses in Germany are anxiety disorders, depression and substance abuse and dependence. At the same time, many people are unaware of individual mental illnesses and how to deal with those affected. At the university, certified MHFA first aiders (Mental Health First Aid) are available to support you and inform you about support services.

babette.udhardt@uni-erfurt.de // 0361/737-5842

leonie.otten@uni-erfurt.de

ADDICTION OFFICER

The addiction officer is the contact person for employees and superiors on questions about addiction prevention and addiction. The aim is to prevent the development of addictive diseases and to contribute to the responsible use of addictive substances by providing comprehensive information. As part of the university's duty of care as an employer, employees with addictions should be helped confidentially to overcome their addiction and reintegrate.

sucht@uni-erfurt.de // 0361/737-5842

ONLINE-FORUM „STUDY MENTALLY FIT“*

The online forum „Psychisch fit studieren“ (study mentally fit) by „Irrsinnig Menschlich e.V.“ aims to promote students' mental health competences and to discuss questions about mental health during studies and provide guidance through an interactive exchange. The forum is offered in German and English. Dates can be found on the respective UGM websites.

www.uni-erfurt.de/interner-service/service/gesunde-universitaet/angebote-der-gesundheitsfoerderung

WORRY LINE*

Whether it's the start of your studies, a stressful exam period, an internship, stress with fellow students or teachers – everyone needs a sympathetic ear during their studies. For this purpose, students can use the University of Erfurt's worry line – from students for students. During the lecture period, the hotline is available daily from 7 p.m. to 11 p.m. and on Mondays, Wednesdays and Fridays from 8 a.m. to noon. By the way: Anyone who would like to help their fellow students and participate in the hotline is also very welcome.

sorgentelefon@uni-erfurt.de // 0361/30 25 29 64

www.uni-erfurt.de/go/sorgentelefon

PSYCHOSOCIAL COUNSELLING*

The Psychosocial Counselling Service of the Thuringian Student Services Centre (Studierendenwerk Thüringen) is available free of charge to all students at Thuringian universities who feel the need to talk to a neutral person about themselves, their situation and their problems. It helps them find solutions and rediscover their abilities and strengths.

psb-erfurt@stw-thueringen.de // 0361/737-1820, -1830

GENERAL SOCIAL COUNSELLING*

The General Social Counselling Centre of the Thuringian Student Services Centre (Studierendenwerk Thüringen) is the place to go for those who are looking for help with orientation and decision-making as well as information on student finance, the general conditions of studying or even the broadcasting fee and social benefits.

asb-erfurt@stw-thueringen.de

0361/737-1811, 0151/ 54 46 82 21, 0151/ 54 46 82 09

SOCIAL POLICY & SOCIAL AFFAIRS DEPARTMENT AND ANTI-DISCRIMINATION OFFICE*

The Student Council, the elected student representation at the University of Erfurt, is a point of contact at eye level. The Social Policy & Social Affairs Department and the Anti-Discrimination Office are there to help with questions and problems, and provide support and networking with other support services both inside and outside the university.

stura.soziales@uni-erfurt.de

stura.antidisk@uni-erfurt.de

www.uni-erfurt.de/studierendenrat/was-wir-machen

EQUAL OPPORTUNITIES AND FAMILY OFFICE

The Equal Opportunities and Family Office is there to help members of the University of Erfurt with questions, suggestions and criticism about gender equality, dual careers in Thuringia, the compatibility of study/work and family, and experiences with discrimination, (sexual) harassment or violence.

gleichstellungsbeauftragte@uni-erfurt.de // 0361/737-5066

gleichstellungsbuero@uni-erfurt.de // 0361/737-5065