



**TECHNISCHE
UNIVERSITÄT
DRESDEN**



**Psychological counseling
for employees of
TU Dresden**

TUD **TOGETHER**
Fit · Healthy · Powerful

Dear Colleagues,

We would like to provide you with information about the psychological counseling, which is being offered as part of the TU Dresden University Health Management. Do not hesitate to contact us!

Our Ambition

Various circumstances in work and private life can lead to conflicts and burdens that you are unable to cope with on your own.

The counseling services may help you to deal with such situations and develop viable solutions.

Possible issues:

- Depressive symptoms and exhaustion
- Anxiety and self-doubts
- Addiction, consumption, dependence
- Stress and inability to recover
- Being overchallenged / underchallengend
- Conflicts and bullying at work
- Insecurities in dealing with colleagues with mental health issues

... as well as other professional or private issues that you are facing.

Counseling targets

You decide to contact us with your personal issues and of your own volition. We will support you in structuring your current situation, in exploring new perspectives and in considering alternative paths. We encourage you to recognize your own resources, use them effectively and develop your own, viable solutions.

We also provide information on additional services and points of contact.

Appointments

As a rule, these are one-on-one meetings and a personal or virtual appointment is arranged in advance.

In order to contact us, please send us an email with a brief description of your request. Our contact information can be found on the reverse side.

Important information for you

Our counseling is always

- ✓ **voluntary**
- ✓ **confidential**
- ✓ **free of charge**
- ✓ **open and unbiased**

Our offers are open to all employees, executives as well as trainees in technology, administration and science (excluding university medicine) of TU Dresden.

Contact for students

For personal issues:

Psychosocial Counseling of the Studentenwerk
✉ psb@studentenwerk-dresden.de

For study-related issues:

Central Student information and Counseling Service
✉ studienberatung@tu-dresden.de



Contact



Dipl.-Psych. Jochen Richter



Dipl.-Psych. Annett Schneider

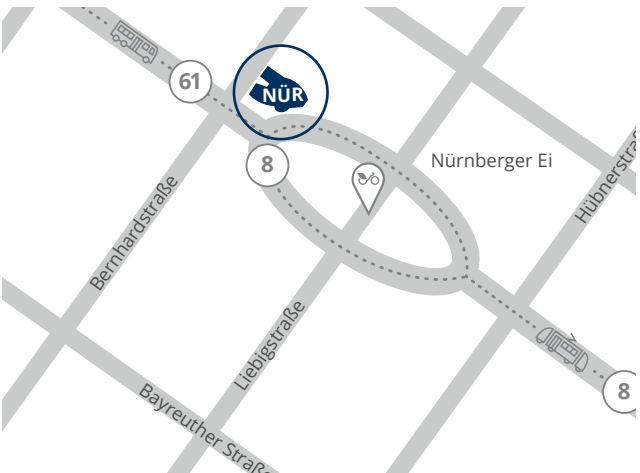
✉ psychologische.beratung@tu-dresden.de

Technische Universität Dresden
Unit 9.4 Occupational Health Services
Nürnberger Str. 31A, 6th floor
(Entrance Bernhardstr.)
01187 Dresden



The website can be accessed using the QR code or via tud.de/dez/psychologische-beratung

Information for visitors with reduced mobility:
entrance at ground level and lift available.



Member in the network of:

Rev. February 2022

**DRESDEN
concept**
SCIENCE AND
INNOVATION CAMPUS

