Contact

✉️ [psychologische.beratung@mailbox.tu-dresden.de](mailto:psychologische.beratung@mailbox.tu-dresden.de)

Technische Universität Dresden
Unit 4.7 Occupational Health Services
Nürnberger Str. 31A
(Entrance Bernhardstr.)
01187 Dresden

The website can be accessed via the QR code or via
⚠️ [tud.de/dez/psychologische-beratung](http://tud.de/dez/psychologische-beratung)

Information for visitors with impaired mobility:
entrance at ground level and lift available.
Dear Colleagues,

we would like to provide you with information about the psychological counselling, which is being offered within the framework of the TU Dresden University Health Management. Please contact us in case of need.

Our concern

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

The use of counselling services may help you to deal with such situations and develop opportunities of solutions.

Possible subjects:

- Depressive symptoms and exhaustion
- Self-doubt, fear, addiction
- Stress and inability to recover
- Being overchallenged or underchallenged
- Conflicts and bullying at work
- Uncertainties in dealing with colleagues who suffer from mental disorders

... as well as other professional or private issues that trouble you.

Counselling 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 recognise your own resources, use them effectively and in this way develop your own solutions.

We also provide information on further services and contact persons.

Appointments

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

To contact us, please send us an e-mail with a short summary of your request. The contact information can be found on the rear page.

Important information for you

Counselling with us is always
✓ voluntary,
✓ free of charge,
✓ confidential and
✓ open and unbiased.

Our offers are open to all employees in technology, administration and science.

Contact for students

For study-related issues:
Central Student Information and Counselling Services
✉️ studienberatung@tu-dresden.de

For personal issues:
Psycho-social counselling of the Studentenwerk
✉️ psb@studentenwerk-dresden.de