

# Available mental-health resources in Göttingen for scientists, students and staff

## Clarification:

This post is aimed to facilitate access to mental health help. It is not written by an expert. Below you'll find a few available resources specific to academics in Goettingen. These are the ones the author knows about but there may be others. You'll also find a few tips on the actual process when using these resources. If you cannot find enough information here, please be sure to approach a professional mental health caregiver or a friend. Sharing your problems, and getting support and an outside perspective is the best way to deal with it.

## The Goettingen PSB service:

This counseling service offers psychological counseling (free of charge). Initial contact is usually via [email \(psb@studentenwerk-goettingen.de\)](mailto:psb@studentenwerk-goettingen.de). More information can be found at the [PSB website](#). The website also contains **emergency contact numbers**. Waiting period for counseling can be about 6-8 weeks, but also depends on urgency (e.g. only 3 weeks, and possibly sooner in emergencies). Specifically, "If your concern is of a more urgent matter, there also exists the possibility of coming to one of our **Open Consultation Hours** as a first step. There you could have the chance to briefly (approx. 10 minutes) speak to a counselor and then arrange further appointments if needed". To find out the upcoming dates for Open Hours with an English-speaking psychologist, contact the PSB by email.

Tip: arrive at least 15 minutes before the open consultation hours begin, as demand can vary, and the available slots can be filled up quickly.

## EMAP (Employee and Manager Assistance Program) (for MPI only):

Anonymous **immediate** consulting service by the Fürstenberg Institute (free). **Call 0800/387 78 36** (from outside Germany call: 00800/38 77 83 62). The service provides anonymous crisis counseling for staff, managers and scholarship-holders. Immediate counseling is available by phone, or online, 24 hours a day (and for non-emergency cases an appointment can be made within a week's time). Counseling is available in German, English or another language, as required. (Paid for by the MPG). More information can be found on the [EMAP website](#) and also in the announcements by the MPG attached to this doc. (In principle counseling in person is also possible but unfortunately not in Goettingen).

## For MPI-BPC (and possibly MPI-DS?)

An occupational psychologist is available for MPI-BPC personnel. Details here [https://intranet.mpibpc.mpg.de/1647396/171211\\_Aushang\\_betriebspsychologische-Beratung\\_MA\\_eng.pdf](https://intranet.mpibpc.mpg.de/1647396/171211_Aushang_betriebspsychologische-Beratung_MA_eng.pdf) (link only accesible for MPIBPC personnel). Contact person is Maria Granovsky: [Maria.Granovsky@de.tuv.com](mailto:Maria.Granovsky@de.tuv.com)

## Cover of counseling charges by the German social security

The German social security will cover private psychological counseling expenses for up to 10 sessions at a time. To get this subsidy you need to ask for it from your family doctor (GP).

## More resources for mental health help in Goettingen (Univerity and MPI):

Mental health support [Website](#) of the Goettingen campus (There you can also find e.g. resources specifically for students).

## Helping a friend in need - The "Ask twice" principle:

If a friend seems a bit off and you think they might need some help, please consider asking if they're OK twice ([see this mental-health campaign](#)).