

## Offer

Confidential advising free of charge

- For problems at university, e.g. exam anxiety, procrastination, pressure to perform, feeling overwhelmed
- For mental illnesses
- To find a therapist
- For difficult situations, crises, or other problems of any kind

## Advising for

- Students
- Prospective Students
- Doctoral Students
- Students in the Preparatory School

## To arrange an appointment

Use our contact form

[www.tu.berlin/en/go50568/](http://www.tu.berlin/en/go50568/)

Email us

[psychologische-beratung@tu-berlin.de](mailto:psychologische-beratung@tu-berlin.de)

Technische Universität Berlin  
Psychological Counseling  
Main Building  
Straße des 17. Juni 135  
10623 Berlin

Room H0059-62

[www.tu.berlin/en/go49504/](http://www.tu.berlin/en/go49504/)



Accessible entrance, parking for persons with mobility impairments, accessible restrooms.



Psychological Counseling

## Psychological Counseling

We are here for you -

in person and by phone or video call

Advising in German and English

**Exhaustion** **Loneliness**  
**Self-esteem issues**  
Conflicts with friends and family  
**Finding a therapist**  
**Exam anxiety**  
**Depression** Anxiety and fears  
**Addiction** **Self doubt**  
Feeling overwhelmed **Stress**  
Finding out who you are  
**Procrastination**  
Lack of motivation Conflicts