



Psycho-social Counselling Service at the University

Counselling services for staff members in stressful situations at work or in their private lives

The Psycho-social Counselling Service at the University of Lübeck is a low-threshold contact offering of the Clinic for Psychiatry and Psychotherapy (Director: Prof. Borgwardt) for staff members of the university, and is primarily headed by Dr. Britta-Lena Matthiessen. The offer is directed towards all staff members of the university – who, for example, due to professional or private difficulties or, in cases of bullying, find themselves in a mental stress situation – and, among others, is aimed at preventing the development of mental illnesses requiring treatment.

Psycho-social Counselling Service can be reached at

Telephone number 500/98705

Mondays through Thursdays from 8 am to 4 pm and

Fridays from 8 am to 2 pm.

Ms. Klempau (the secretary) will take your call, inform Dr. Matthiessen, and an appointment will be scheduled as soon as possible.

During the counselling session, the staff member can first of all calmly talk about what is weighing him or her down. In some cases, the chance to unburden oneself during such a session may be sufficient. Should Dr. Matthiessen's assessment be that the burdens described could be due to a medical condition, you may be referred to the appropriate services, such as outpatient psychotherapy.

This offer cannot replace psychotherapeutic treatment or seeking help in our psychiatric emergency room, which can be consulted around the clock in emergency situations (Tel. 500/98707).