

## Struggling with your mental health? Reach out!

### Psychological Counselling for students and PhDs

*(by ETH/UZH)*

Free of charge 30-50 minutes sessions.

Arrange an appointment [pbs@sib.uzh.ch](mailto:pbs@sib.uzh.ch)



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### Psychological Counselling for employees

*(by the Institute of Applied Psychology)*

Arrange an appointment: [psychologischeberatung-eth@zhaw.ch](mailto:psychologischeberatung-eth@zhaw.ch)

+41 58 934 83 30



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### **Nightline - Student to student support**

Daily stressors, fear of upcoming exams or aimless? We listen to you, provide information about study-related matters or refer you to specialists if required.

**Call us: +0446337777, every night 8-12 pm.**



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### **AVETH - Peer to peer Phd student advice**

We provide completely confidential and independent advice, guidance, assistance and coaching on academic, administrative and personal issues.

**Contact us: [counselling@aveth.ch](mailto:counselling@aveth.ch)**



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### GESS Help!Point

Stressed out? Unsure how to handle a difficult work situation?  
We are an anonymous contact point for students, PHD students, postdocs, professors and technical-administrative staff at the department.



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### Support for acute crisis (Services available 24h )

Crises Support (Heart2Heart): **0800 143 000**, [www.heart2heart.143.ch](http://www.heart2heart.143.ch)

Permanence, medical center at the main station of Zurich: **044 215 44 44**

Crises Intervention KIZ (PUK): Zurich **044 296 73 10**, Winterthur **052 224 37 00**