

Registration and Contacts

Contact details and the open office hours at your university to make an appointment in person can also be found on our website: seezeit.com/en/pbs

University of Konstanz

Building K, Floor K3, Room K 313–315
Universitätsstraße 10, 78464 Konstanz

- Register by telephone: Mon, Wed, Fri 11.00–12.00
Tel +49 7531 - 9782 230
- Register by E-Mail: pbs@seezeit.com

HTWG Konstanz

Building G, Room G 030 (Campus Gleich),
Alfred-Wachtel-Straße 8 (from Rheingutstraße), 78462 Konstanz

- Registration by phone via PBS Uni Konstanz (see above)
- Register by E-Mail: pbs-htwg@seezeit.com

RWU and PH Weingarten

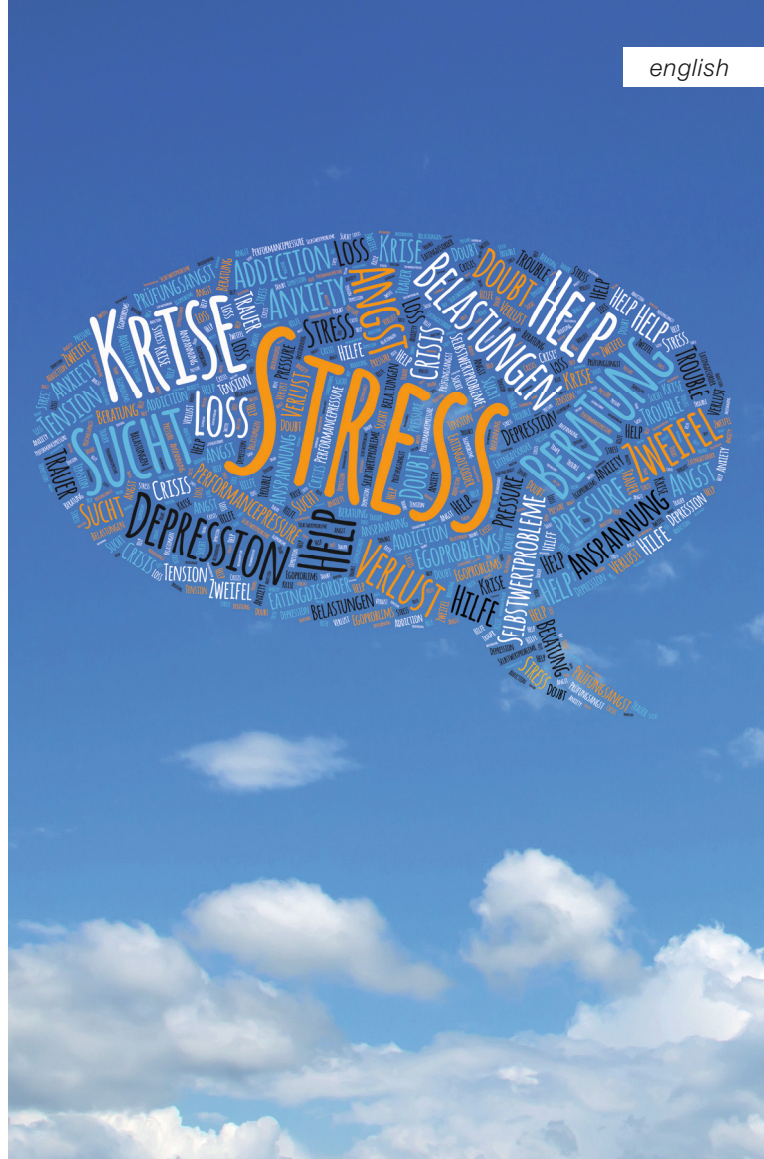
PH-Gebäude W, Raum W 136
Leibnizstraße 3, 88250 Weingarten

- Register by telephone: Mon 14.30–15.30 Uhr
Tel +49 7531 - 9782 233
- Register by E-Mail: pbs-wgt@seezeit.com

DHBW Ravensburg and Campus Friedrichshafen

„Klösterle“, Raum 223
Rudolfstraße 19, 88214 Ravensburg

- Register by telephone: Mon 14.30–15.30 Uhr
Tel +49 7531 - 9782 233
- Register by E-Mail: pbs-dhbw@seezeit.com



Contact

Seezeit Studierendenwerk Bodensee
Psychotherapeutic Counselling
Universitätsstraße 10
78464 Konstanz

pbs@seezeit.com
seezeit.com/en/pbs



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Psychotherapeutic Counselling

studierendenwerk bodensee
seezeit

Finding solutions together

If you are having difficulties or problems in your studies, in social matters, or experiencing any kind of psychological stress, we are there for you – free of charge and confidential.

We can set up a prompt consultation session with you, which will last 50 minutes. Together, we will clarify where the difficulties lie and think about what kind of support would be of use to you.

It often takes only a few counselling sessions to understand your problem better and open up new options and ways to resolve them. If it becomes clear that you need longer-term support, we will be glad to help you find an outpatient psychotherapist.

Other services

In addition to personal one-to-one counselling, we can support you during your studies with other services, including the following:

- Courses on dealing with stress and exercises in mindfulness
- Anonymous online consultation
- Information and tips on dealing with typical study issues

Further information and services which are currently available can be found on our website:

seezeit.com/en/pbs

Come and talk to us

If you are studying at one of the colleges which is serviced by Seezeit, you can get in touch with us whenever you like:

- University of Konstanz
- HTWG Konstanz – University of Applied Sciences
- Baden-Wuerttemberg Cooperative State University (DHBW), Ravensburg
- University of Applied Sciences Ravensburg-Weingarten
- University of Education Weingarten

Contact details and information about registering can be found on the next page. All of our staff are trained in psychotherapy and are obliged to maintain confidentiality. If you are a lecturer or family member and have concerns about a student and would like to help, we are there for you too.

Registration

We will organise counselling appointments with you on an individual basis.

- **In person or by telephone:** During our office hours you are welcome to come by in person or to call us in order to organise a consultation appointment.
- **By E-Mail:** Outside our office hours, you can send us an E-Mail at any time. We will get back to you as soon as possible.

