## Mental Health and OVGU's Counsulting Offers & Structures

## Student's, Staff, Faculty's Personal Consulting Options @ OVGU:

- Disability Officer @ OVGU and @ Faculties → Disadvantage compensation
- Conflict Management Officer for departments, staff council, health officer, disability officer, representative for equal opportunities, etc.
- <u>Psychosocial Student Counselling (PSB):</u> target group students and employees; offers courses, individual counselling, in particular also counselling on counselling
- Counselling and referral by the <u>BGF</u>, (Office for Gender Equality and Family), GA (Graduate Academy), PR (Staff Council) and other contact persons
- Occupational health care + occupational psychologist (for employees)
- Complaints Office, Anti-discrimination Office
- Occupational health management / staff development, open programs for employees, e.g. stress management and non-violent communication
- Area-specific offers, e.g. for the University Library, Examination Offices
- https://www.ovgu.de/helfendehaende.html
  At a glance for STUDENTS all about general counselling to crisis counselling, and open to all university, student and non-university contacts; student's website
- https://www.ovgu.de/Kompass
   At a glance for STAFF & FACULTY all about structures, regulations, contacts.



## The OVGU's Awareness-Portal:

https://www.awareness.ovgu.de/en/

## Coming soon!

First-aider training of mental health:
3x 6 hours presence + online
Looking for staff members in leading positions,
lecturers, representatives.

Registration here: www.ovgu.de/gesundheit