



# PSYCHOLOGICAL SUPPORT STUDENT GUIDE



UNIVERSITÉ DU  
LUXEMBOURG

SEVE

SERVICE DES  
ÉTUDES ET DE  
LA VIE ÉTUDIANTE

# HELLO !

Welcome to the Psychological Support Service. University life is a time of excitement, growth and discovery. Balancing studies, social life and personal responsibilities can sometimes be overwhelming. BUT not to worry, we are here to help you sail through the challenges of your student life with ease. Your mental health & wellbeing is important to us !



## Support Options

- One to one counselling sessions
- Group sessions
- Self help resources
- External specialist references

## Highlights

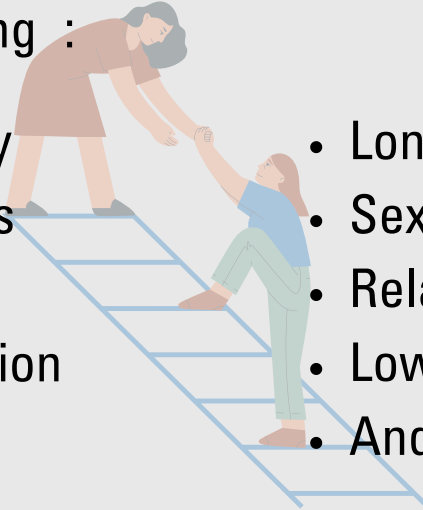
- Its absolutely FREE
- 100% Safe & Confidential
- Multilingual psychologists
- Online & in-person sessions



# WHEN TO SEEK HELP

You can reach out to the team if you are experiencing any of the following :

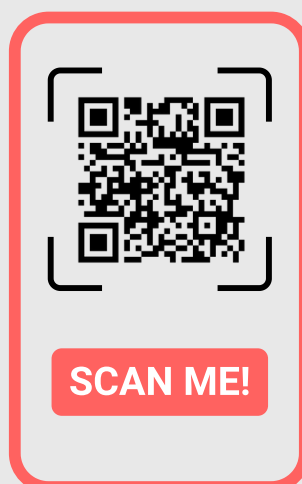
- Stress & anxiety
- Eating difficulties
- Low mood
- Grief & depression
- Study problems
- Loneliness & adjustment
- Sexuality problems
- Relationships
- Low confidence
- And more...



*If your problems are interfering with your daily life and study, please reach out as soon as possible.*

# HOW TO BOOK AN APPOINTMENT

You can easily book an appointment with one of our psychologists via the QR code below :





- Is the content of the sessions shared with anyone within or outside the university (professors, directors, etc.) ?  
No, the content of the sessions is strictly confidential
- How many sessions are we allowed ?  
You can benefit from upto 10 sessions as long as you are enrolled as a student at the University.
- How long is one session ?  
Each session lasts 40-50 minutes
- Where do the sessions take place ?  
Sessions take place in person as well as online. In person sessions are available at Belval & Kirchberg Campus
- Who will take the sessions ?  
The sessions are offered by trained and experienced university psychologists
- Can I take a session even if I want to talk about personal problems ?  
Yes ! You can talk about your personal concerns and worries during the sessions

If you have any further questions, please feel free to contact us:  
[psy-support@uni.lu](mailto:psy-support@uni.lu)