

Mental Health Contact Information

in case of emergency

- Psychiatrische Soforthilfe für Wien (ger)
 - around the clock emergency service, in case help is urgently needed
 - <https://psd-wien.at/einrichtung/sozialpsychiatrischer-notdienst>
 - phone:** +43131330
- Kriseninterventionszentrum (en/ger/rus/serbian/arabic/turkish/persian)
 - support you in getting help and arrange necessary steps jointly with you
 - <https://kriseninterventionszentrum.at/en/>
 - email:** <https://kriseninterventionszentrum.at/email>
 - phone:** +4314069595
- Notfallpsychologischer Dienst Österreich (ger)
 - https://www.notfallpsychologie.at/Notfallpsychologischer_Dienst_A.html
 - phone:** +4369918855400
- Telefonseelsorge (ger)
 - around the clock emergency service when you just need someone to talk to
 - <https://www.telefonseelsorge.at/home>
 - phone:** 142

trustees of the faculty & student representatives

- people at the institutes who can be contacted for a confidential discussion
 - TU Wien - Trustees of the faculty of mathematics and geoinformation
 - <https://www.tuwien.at/en/mg/vertrauenspersonen>
 - University of Vienna - Safety representatives
 - <https://mathematik.univie.ac.at/en/safety-representative/>
 - VSM - Student Board
 - <https://www.vsmath.at/people/student-board/>

long-term counselling

- TU Wien - psychosocial counselling for students
 - as a first contact (up to 4 sessions à 50 mins), support in finding further counselling
 - <https://www.tuwien.at/en/tu-wien/news/news/start-of-a-psychosocial-counselling-service-at-tu-wien-1>
 - <https://www.tuwien.at/en/studies/studying-at-tu-wien/psychosocial-counselling>
 - appointments by arrangement:
 - email:** nadja.springer@wpv.at
 - phone:** +436801413558
- TU Wien - psychological counselling for employees
 - short-time intervention, no long-term counselling, but support in finding a psychologist or other forms of counselling
 - <https://www.tuwien.at/en/tu-wien/organisation/central-divisions/hr-development/workplace-health-promotion>

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appointments via "Gesundheitsportal": <https://gesundheitsportal-tuwien.ibg.at/Login.aspx>

contact: Mag. Karin Brandstetter

email: k.brandstetter@ibg.co.at

phone: +4369910870180

- University of Vienna - Occupational psychology
 - workplace-related psychological counselling, quickest way to reach them is using the individual mailing addresses
<https://wiki.univie.ac.at/display/HeSa/Occupational+psychology>
email: rrm.arbeitspsychologie@univie.ac.at
individual contacts:

 - Mag. Natascha Klinser DSA
phone: +43-699-11349405
email: natascha.klinser@univie.ac.at
 - Mag. Michael Hamberger MA
phone: +43-660-2124591
email: michael.hamberger@univie.ac.at
- University of Vienna - Occupational health
 - advice concerning the interplay between health and work
<https://wiki.univie.ac.at/display/HeSa/Occupational+health>
email: arbeitsmedizin@univie.ac.at
individual contacts:

 - Dr. Beata Lutomska-Kaufmann
phone: +43-664-4249668
email: beata.lutomska-kaufmann@univie.ac.at
 - Dr. Clemens Becsi
phone: +43-664-4249605
email: clemens.becsi@univie.ac.at
- University of Vienna - Coaching
 - aimed at people who are able to solve their situation almost independently, this is NO psychotherapy
<https://wiki.univie.ac.at/display/PERS/Coaching>
- Studierendenberatung (en/ger)
<https://www.studierendenberatung.at/en/personal-challenges/crisis-life-situations/help-during-the-current-crisis>
phone: +4314023091 or +4366488342164
email: psychologische.studentenberatung@univie.ac.at

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workshops

- University of Vienna - Doktorand*innenzentrum
<https://forschung.univie.ac.at/services/veranstaltungen-trainings/phd-candidates/trainings-for-phd-candidates/>
- TU Wien - workplace health promotion
<https://www.tuwien.at/en/tu-wien/organisation/central-divisions/hr-development/workplace-health-promotion>