

WELLBEING AT AAU

OVERVIEW OF OFFERS FOR YOU AS A STUDENT HERE AT AAU

Student Counselling Service

If you need help Student Counselling Service offers counselling and short term therapy by psychologists and therapeutically trained social workers. At the individual talks you have the opportunity to talk about what challenges you in your student life.

The Students Counselling Service also offers groups courses and workshops, where you together with a counsellor and other students talk about topics such as stress, the fear of falling, coping with exams, and loneliness.

Student Counselling Service and AAU General Student Guidance offers both online and physical meetings and have counselors present at AAU in Aalborg øst at Frederik Bajers Vej 1.

To book an appointment visit www.srg.dk

Student Study Counsellors

If your problems are more centered on your specific study at AAU, you always have the opportunity to contact your study-specific student counsellor, who can help advise you in regard to your study program. They know the structure, study environment, and what options you have.

You can find your student study counsellor on your program's website.

Special Educational Support (SPS)

If you have a functional impairment in the form of a physical disability, a mental disorder or are dyslexic, you can apply for various aids or a support person. The support is individually targeted and there is confidentiality regarding SPS. You can apply for SPS at www.students.aau.dk/student-life/sps

AAU General Student Guidance

Here you can get help and guidance regarding e.g. study techniques, study doubt, wellbeing, motivation, change of program, group cooperation, and rules about maternity leave, sick leave and termination of studies. In AAU General Study Guidance, the counsellors make an effort to be your professional sparring partner and help you see things from different perspectives. This way the counsellor can help you see what different options you have in your situation. AAU General Study Guidance does not make decisions for you but help you with inspiration on how you can move forward. And thus help yourself.

All counselors have a duty of confidentiality and you can contact us anonymously.

Book appointment here www.studerende.aau.dk/vejledning or write studievej@adm.aau.dk or call **9940 9440**.

University Chaplains

Free consultations and guidance are offered here. The University Chaplains have a duty of complete confidentiality and do not keep any records.

Through personal conversations, help is offered for personal, social, study or existential/religious problems. It can be anything from sadness, loneliness, lack of self-esteem or identity crisis, to study relationships, burnout, faith/doubt or something else entirely. The University Chaplains are available for all faith – even if you don't have one. There is usually no or very short waiting time.

You can visit them physically at Kroghstræde 3 at campus Aalborg Øst and in Studenterhuset at Gammeltorv i Aalborg C or write to them at prasten@adm.aau.dk

Read more here www.chaplains.aau.dk

