

MENTAL HEALTH COUNSELING FOR INTERNATIONAL STUDENTS IN BERLIN

As an international educational support agency we know that while global education offers incredible opportunities for learning, it also carries unique stressors and challenges. Our international counsellors are here to help.



BUILDING RESILIENCE IN INTERNATIONAL STUDENTS FROM AROUND THE WORLD

MENTAL HEALTH SUPPORT



Educators know that mental illnesses such as depression and anxiety disorders are on the rise particularly among young adults. International students separated from home cultures and family support systems are particularly vulnerable.

BENEFITS FOR UNIVERSITIES

- Improved retention rates
- Boosted enrollment through unique support offerings
- Increased student resilience
- Better academic performance - improved planning skills and lower stress
- Reduced pressure on staff to counsel students in need
- Bolstered campus safety

Either on campus, at our counseling space in Berlin, or online, we offer students therapeutic counseling and solutions-focused mental health support.

Our services include:

- 8 culturally diverse male and female mental health specialists with a range of counseling styles
- Individual solutions-focused counseling for all mental health issues
- Counseling services in English, Chinese and Hebrew available
- Workshops related to international living and learning, including: mindfulness, stress, time management, conflict resolution, transitions, culture shock and healthy boundaries
- Specialized support for students with learning difficulties
- Flexible hours outside of typical working times
- Support and guidance for staff