

WELLBEING AT AAU

OVERVIEW OF OFFERS FOR YOU AS A STUDENT HERE AT AAU

Student Counselling Service

If you need individual help the Student Counselling Service provides social, psychological and psychiatric advice and treatment. They also offer group courses and themed workshops on e.g. perfectionism, exam anxiety or loneliness. If you have difficulty dealing with exams, stress and anxiety, Student Counselling Service can help with free psychological help.

Student counselling Service has a psychologist located at the AAU CPH campus in building B. That way, you can more easily get an interview to fit into your study schedule. To book an appointment, visit www.srg.dk or studievejledning.aau.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 regards 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 Study Guidance

If you need to talk more generally about well-being at your studies, study doubts, group conflict or considerations about taking a break from your studies, you can also always contact the General study guidance. They sit in building B by the small canteen and are always ready to have a chat about both big and small. To book an appointment for an interview, visit studievejledning.aau.dk

or write to studievejledning@aau.cph.dk

The General Study Guidance also offers various workshops and presentations on exam nervousness, study techniques and mental health. You will find information about the events at students.aau.dk under the event calendar.

HEADSPACE

Headspace is an anonymous and free counselling service for children and young people aged 12-25. Here, no problem is too big or small, and you can talk about everything from self-esteem, educational doubts and anxiety to destructive thoughts, pressure to perform and heartbreak.

Everything is on your terms, and you can be completely anonymous if that's what you want. You can visit them physically at

Ravnsborggade 2-4, 4. sal, 2200

København N, or you can call them on

53733001. Headspace also offers video call

conversations or you can chat with them

online. For more information, visit

www.headspace.dk

