



UNIVERSITY OF TARTU
Counselling Centre

University support for international students

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Psychology PhD Student

UT Counselling Centre

2024

Meditation



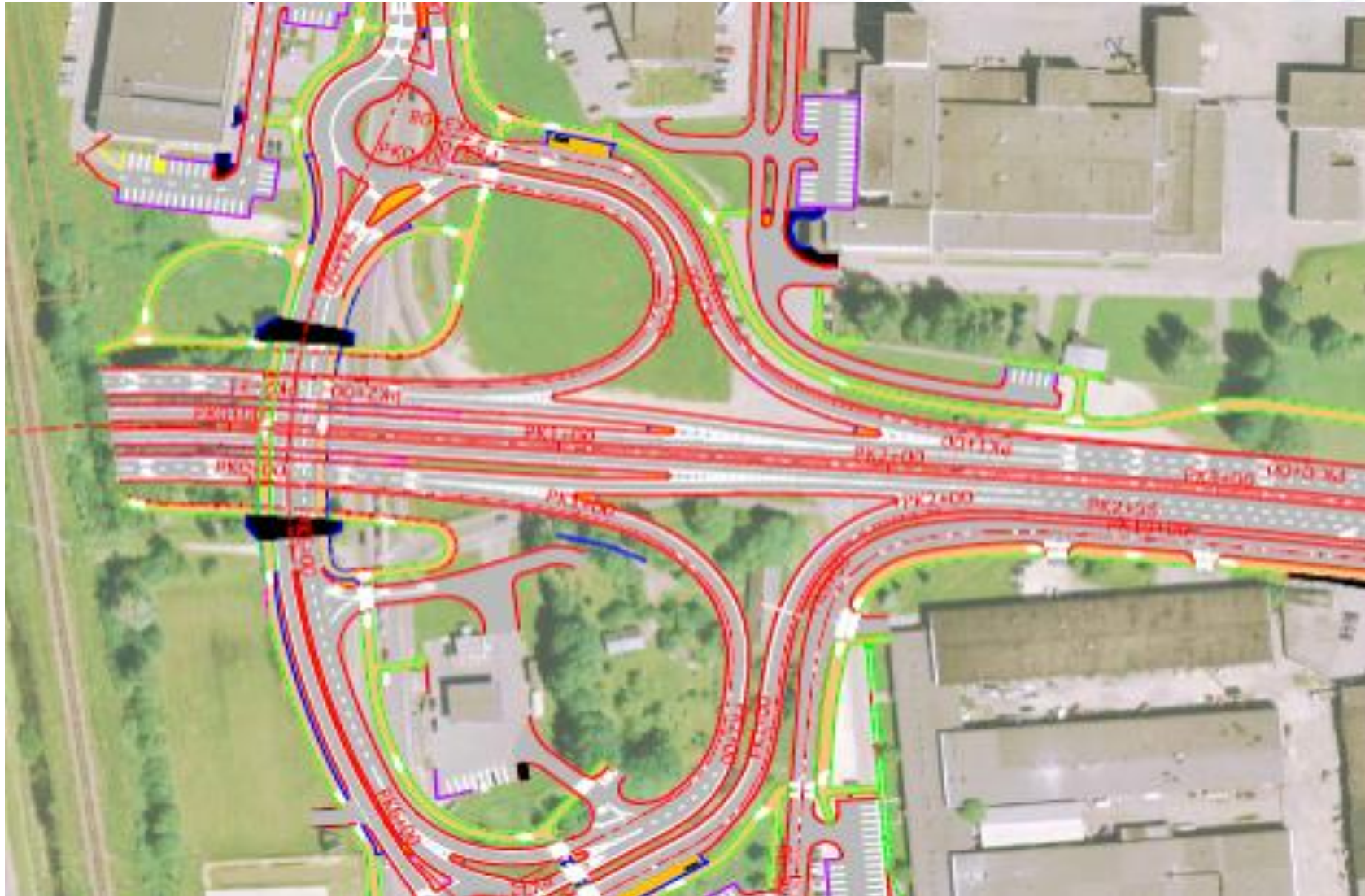
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Your university experience
may be complicated



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But there are also
support systems available

Psychological counselling

Career counselling

Academic counselling

Counselling students with special needs

Peer tutoring programme and support

Workshops

- <https://ut.ee/en/content/workshops-counselling-centre>



Mental health support at UT



Tartu

- <https://ut.ee/en/content/psychological-counselling>
- ut.ee/noustamisbronn - Booking is in Estonian sadly (use google translate) but counselling is in multiple languages. Appointments can be booked up to 30 days in advance, new appointments open every day.

Viljandi

- contact kertu.utt@ut.ee

Pärnu

- contact anne.tullus@ut.ee

Narva

- contact anu.leuska@ut.ee



What are the most common concerns?

- Excessive worry and stress
- Burnout
- Anxiety
- Low self-esteem
- Tensions of coping with studies
- Loss of study motivation (demotivation)
- Problems with time management and procrastination
- Problems in social relations



What signs indicate that you need help?

- Sleep and appetite are distracted
- Mood fluctuations, low mood
- Self-esteem is disturbingly low
- Nothing gives pleasure or loss of interest
- School and other responsibilities pile-up
- Dissatisfaction and tensions in relationships
- Self-harming and suicidal thoughts



Also a discussion group in English
by students for students



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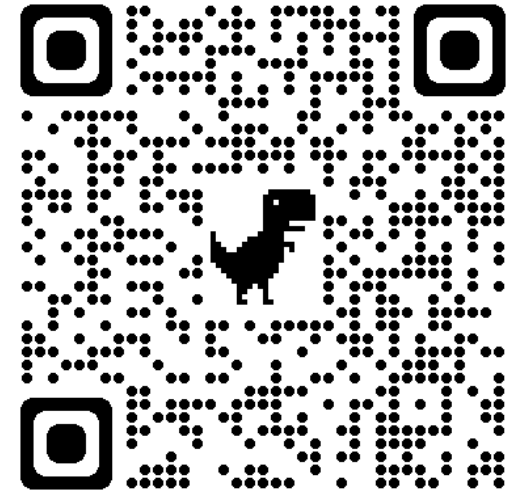
- <https://ut.ee/en/content/conversation-circle>

If the soundtrack to your life is kinda depressing, anxious or unsatisfying...



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- **Peaasi.ee/en** - live chat support (during working hours) and information
- **Lahendus.net/en** - anonymous email support in email
- **Tartu University Clinic** - 731 8764
- **Regional hospital** - 617 2650
- **Emotional & Well Being Support** - 116 123 (phone call in english)
- **UT Counselling Center** - <https://ut.ee/en/counselling-centre>
- **Your local doctor - depending on your insurance?**
- **112 (police, ambulance, firemen)**
- **[Emotional wellbeing test QR code](#) ----->**



You study, we support!



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<https://ut.ee/en/counselling-centre>



Booking system



TÜ nõustamiskeskus - Bookings

Psühholoogiline nõustamine

Erivajadustega üliõpilaste nõustamine 1 tund

Karjäärinõustamine 1 tund

Psühholoogiline nõustamine 1 tund

What type of counselling?
special needs, career, or
psychological?

august 26

< > august 2024

E	T	K	N	R	L	P
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	31	

When?

Valige töötajad (valikuline)

- Ükskõik kes
- Anne Tullus (EST) - r 168/veebis Pole saadaval
 - Lea Nagirnaja (EST, RUS) - r 444/veebis Saadaval
 - Maarja Sagen (EST, ENG) - r 168/... Pole saadaval
 - Sharipha Rzayeva (EST, ENG, RUS)... Pole saadaval
 - Tõnu Jürjen (EST, ENG) - r 452/ve... Pole saadaval

With whom?

Booking system



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Lisage oma andmed

John Smith

Your name (first and last)

johnsmith@ut.ee

Your UT email

Esitage lisateavet

Mis keeles nõustamist soovid?

English

In what language would you prefer counselling?

Telefoninumber

5303 5401

What's your phone number?

Siia saad kirjutada lisainfot, kui soovid midagi nõustajale enne kohtumist edastada (valikuline)

I think I have panic attacks or smth

Anything you want the counsellor to know?

Soovin nõustamist

Nõustamiskeskuses

Counselling face to face (nõustamiskeskus) or via video (veebis)?