



UNIVERSITY OF TARTU
Counselling Centre

University support for international students

Siim Andres - siim.andres@ut.ee

Prevention coordinator - UT Counselling Centre

Psychology PhD Student - Institute of Psychology

2024



Mental Health Perspectives



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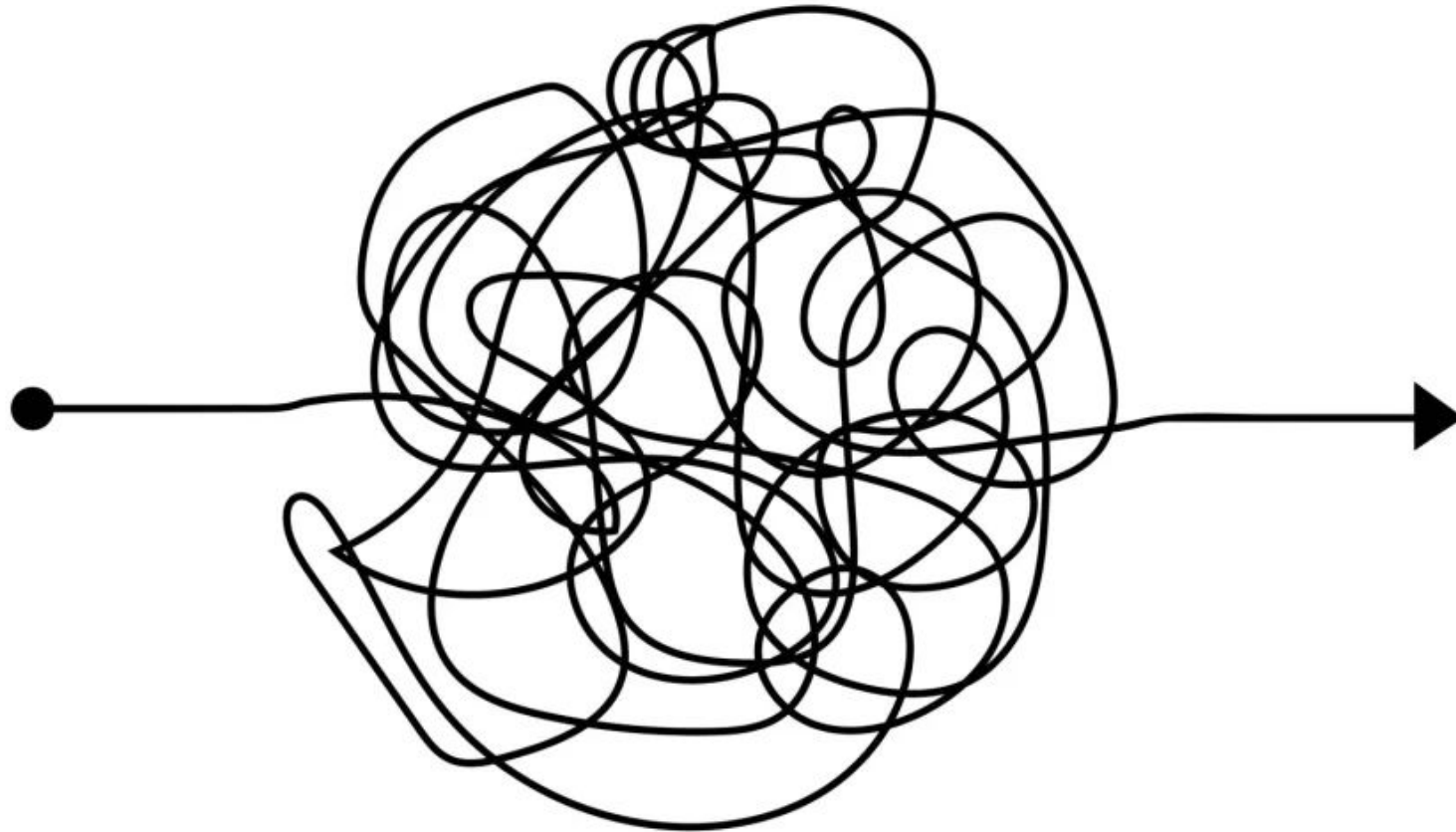


Source: <https://youtu.be/-4EDhdAHrOg>

Your University Experience



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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

Locally based UT psychologists



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- <https://ut.ee/en/content/psychological-counselling>
- ut.ee/noustamisbronn - Booking system. 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

Booking system 1/2



1632
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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	

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

When? With whom?

Booking system 2/2



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

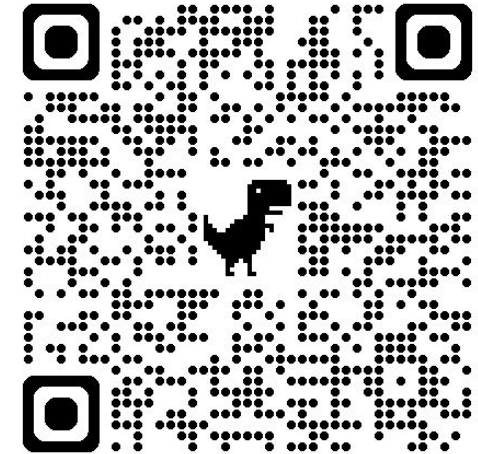
Nõustamiskeskuses

Counselling face to face (at “Nõustamiskeskus”) or via video (“Veebis”)?

Conversation groups by students



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Link: ut.ee/en/content/conversation-circle

Common Student Problems



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- Excessive worry and stress
- Burnout
- Anxiety
- Low self-esteem
- Coping with studies
- Demotivated towards studies
- Problems with time management, procrastination, or social relations



What signs indicate that you need help?

- Sleep and appetite are distracted
- Mood too high or too low
- Negative self-talk
- Loss of interest in things you used to enjoy
- Overwhelmed with responsibilities
- Difficult relationships
- Self-harming and suicidal thoughts
- **[Emotional wellbeing test](#)** - check yourself on this link, it's fast and free.



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 with psychology students
- **Emotional & Pastoral Support** - 116 123 (English)
- **UT Counselling Center** - <https://ut.ee/en/counselling-centre>



Any questions?



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