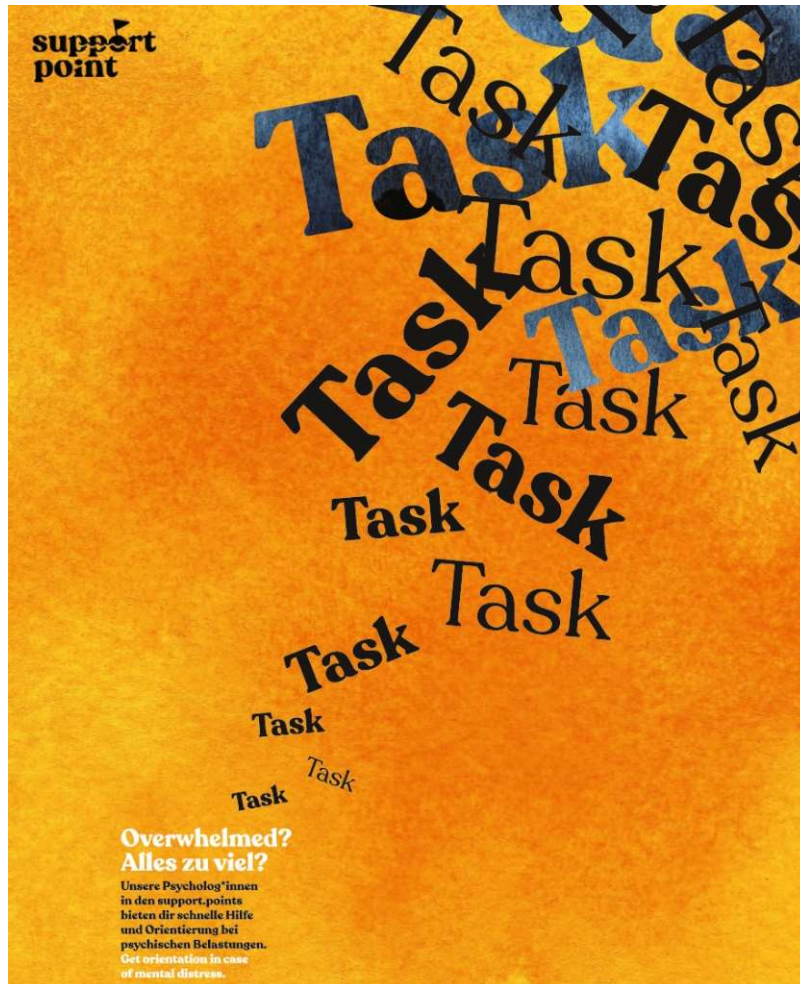


# support point

A project to support mental health and  
wellbeing at FU Berlin

# General info about the support.points



- support.points are the first point of contact for all concerns regarding mental health during studies
- **any request is welcome**
- all support.points are open to all students and employees of the FU
- consultations are confidential, staff are bound to secrecy
- All information about the support.points (locations, consultation hours) + infos, e.g. on how to find a psychotherapy

[fu-berlin.de/en/sites/mentalwellbeing](https://fu-berlin.de/en/sites/mentalwellbeing)



## support.point PolSoz and Central Institutes

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- Ihnestr. 21, room 002 (ground floor, next to OSI main entrance)
- Open consultation hours (no appointment needed) and appointment consultation hours; in person and online consultations in German & English; 10 -30 minutes
- Overview consultation hours + appointment booking: [https://www.fu-berlin.de/en/sites/mentalwellbeing/Support\\_Points/index.html](https://www.fu-berlin.de/en/sites/mentalwellbeing/Support_Points/index.html)
- Contact/Inquiries: [support.point.polsoz@studienberatung.fu-berlin.de](mailto:support.point.polsoz@studienberatung.fu-berlin.de)



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