

## If you need help, you may reach out to:

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### Psychological Counselling for students and doctoral students (ETH/UZH)

You can contact the Professional Psychological Counselling Service that provides psychological counselling for students and doctoral students (free of charge 30-50 minutes sessions).

Arrange an appointment by e-mail: [pbs@sib.uzh.ch](mailto:pbs@sib.uzh.ch).

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### Psychological Counselling for employees

Scientific and technical-administrative employees who are facing mental health challenges can seek support at the Institute of Applied Psychology (IAP) at ZHAW. The IAP is an external service that offers advice/short sessions with a focus on guiding people towards solutions and resources. Sessions can be conducted anonymously, via phone or computer, or in person.

Arrange an appointment: [psychologischeberatung-eth@zhaw.ch](mailto:psychologischeberatung-eth@zhaw.ch), or on the phone +41 58 934 83 30

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### Nightline

Nightline is an independent help-line from students for students of ETH, UZH, and other academic institutions in Zurich. All requests are handled confidentially and anonymously.

We support you, no matter what is concerning you! Daily stressors, fear of upcoming exams or aimless? We listen to you, provide information about study-related matters or refer you to specialists if required.

Call us: +0446337777 or write a message on our website.  
Every night from 8 p.m to 12 a.m.

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### GESS Help!Point

Stressed out or struggling? Experiencing unfair treatment? Unsure how to handle a difficult work situation?

GESS Help!Point is an anonymous contact point for students, PHD students, postdocs, professors and technical-administrative staff at the department.



## Peer-to-peer advice AVETH

We are a peer group of experienced doctoral students and postdocs who provide completely confidential and independent advice on academic, administrative and personal issues.

We offer advice, guidance, assistance and coaching.

Contact the AVETH counselling team: [counselling@aveth.ch](mailto:counselling@aveth.ch)



## ETH bullying and threatening behaviour

If you are bothered by bullying, harassment and discrimination, you can contact the specialized unit within ETH concerned with mutual respect.

Contact the specialist unit SSHE: Threats and violence, and external advice centre. [threatmanagement@ethz.ch](mailto:threatmanagement@ethz.ch)

Contact the external office for Bullying, harassment and discrimination: [info@fachstelle-mobbing.ch](mailto:info@fachstelle-mobbing.ch)



## Support for acute crisis

If you are in an acute crisis – the following services are available 24 hours a day on 365 days a year.

Crises Support (Heart2Heart): phone 0800 143 000, chat: [www.heart2heart.143.ch](http://www.heart2heart.143.ch)

Permanence, medical center at the main station of Zurich: 044 215 44 44

Crises Intervention KIZ (PUK): Zurich 044 296 73 10, Winterthur 052 224 37 00

Aerztefon: 0800 33 66 55

Emergency USZ: 044 255 11 11

## ETH Financial Aid Office

If you are having financial difficulties, you may apply for financial support in the form of a loan towards study fees and living expenses. All loans are interest-free and applications may be submitted at any time. Application forms are available from the Financial Aid Office.

+41 (0) 44 632 2088/3038

[studienfinanzierung@sts.ethz.ch](mailto:studienfinanzierung@sts.ethz.ch)

