



Stuck in a rut?

The Student Counselling Service  
Denmark

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## **Stuck in a rut?**

### **What is the Student Counselling Service?**

The Student Counselling Service is a free public service offered to students at bachelor, professional bachelor and Master's level.

The Student Counselling Service is staffed with psychologists, social workers with psychotherapeutic training and psychiatric consultants. They all have extensive experience from helping students with mental or social problems that in some way disturb their studies and ability to concentrate on their studies.

We offer help when the support of family, friends or the student advisory service is not sufficient. Neither the educational institution nor other parties are informed when a student turns to us. All of our employees are subject to a duty of professional secrecy.

You are welcome to contact us. See the last page of this leaflet, or go to [www.srg.dk](http://www.srg.dk) to find the student counselling office closest to you.

### **How can we help you?**

Together we will assess how you should best be helped, and we can also offer:

- Advisory consultations on financial and social problems
- Consultations on study-related problems
- Short treatment programmes concerning personal challenges that disturb your studies
- Telephone advisory services on a daily basis between...
- Informative advisory consultations on where and how you can get relevant help, if we are not the right place

Advice and treatment are offered on an individual or group basis. Irrespective of whether you need one or several consultations, the advice is matched to your requirements.

### **Which challenges and problems can we help with?**

Here are a number of examples of the challenges and problems that can disturb your ability and motivation to study, your study life or relations with your fellow students:

#### **Anxiety**

Anxiety can manifest itself in many different ways, such as examination and performance anxiety. If your everyday life and studies are affected by your anxiety, we can give you professional help to work with your challenges.

#### **Melancholy and depression**

If you have been low and sad for a longer period, and if you are afraid that you may suffer from actual depression, it can help to discuss the situation with an experienced counsellor. The Student Counselling Service can support you in getting through this.

## **Daring to speak up**

The fear of speaking before a group of people is often related to specific ways of thinking or self-perception. We can help you to break this vicious circle.

## **Loneliness**

We can give you professional help to take the initiative to break the pattern that makes you keep feeling lonely.

## **Finances**

If you are facing a difficult financial situation, for example because you cannot increase your student grant, the Student Counselling Service can help you to clarify the reasons and find out what to do.

## **Study start**

If you are facing a difficult start to your studies, the Student Counselling Service can support you in finding out why and helping you to plan how to tackle this.

## **Study doubts**

If you are in doubt as to whether to continue your studies, and you have already contacted the student advisory service, consultations with the Student Counselling Service may help you to make an informed choice.

## **Group work**

If you have problems working together with your study or project group, and this lies outside your study programme's guidance area, the Student Counselling Service can help you to make the work process function again.

## **Family and relations**

Besides the need for support with emotional problems, there may be a need for advice on your opportunities to get help, and how to proceed with your studies. You can get assistance with this from the Student Counselling Service.

## **Thesis – completion of a study programme**

If your thesis is not going well, we can help you to find the reason and advise you on how to tackle the thesis-writing process and complete the work. You may find it hard to structure your time, or suffer from performance anxiety or other difficulties.

## **Self-esteem**

When you are young, it is not unusual to suffer from a lack of self-confidence or low self-esteem. If this disturbs your studies, and you need help to find out how to tackle these feelings, the Student Counselling Service can help you.

## **Concentration**

If you find it difficult to concentrate and it is therefore hard to keep up with your studies, it is important to do something about this. The Student Counselling Service can help you to identify the reasons and support you in working with these challenges.

## **Study techniques**

If you find it difficult to structure your studies, you can get advice and ideas from the Student Counselling Service for how to structure your everyday life and your studies.

## **Illness and disability**

If you have a long-term or chronic illness, or a physical or mental disability, the Student Counselling Service can help you to find out what help you can get to complete your studies.

## **Stress**

We can all suffer from stress. Most of us may experience stress for shorter periods. Long-term stress is not healthy and is a problem that must be tackled. At the Student Counselling Service, we can help you by giving you tools to handle or completely avoid stress.

## **Offers to partners**

The Student Counselling Service can assist with presentations, workshops, etc. on various topics, such as coaching workshops for student advisers, stress handling, examination techniques and perfectionism.

The content can be matched to the local requirements, and you are also welcome to suggest other topics. The price is agreed individually in each case.

Please contact us for further information.

## **Where to find the Student Counselling Service**

**TELEPHONE:** (+45) 70 26 75 00

**WEB:** [www.srg.dk](http://www.srg.dk)

Here, you can find such information as the Student Counselling Service's opening hours.

### **Zealand**

#### **Copenhagen**

Dronningens Tværgade 30, 2nd floor

DK-1302 Copenhagen K

[kbh@srg.dk](mailto:kbh@srg.dk)

#### **RUC (Roskilde University)**

Universitetsvej 1, building 1

DK-4000 Roskilde

[ruc@srg.dk](mailto:ruc@srg.dk)

### **Funen**

#### **Odense**

Hinderupgård

Niels Bohrs Allé 21

DK-5230 Odense M

[odn@srg.dk](mailto:odn@srg.dk)

### **Jutland**

#### **Aarhus**

Ryesgade 23, 1st floor

DK-8000 Aarhus C

[arh@srg.dk](mailto:arh@srg.dk)

## **Aalborg**

Vesterbro 50, 1st floor

DK-9000 Aalborg C

[aal@srg.dk](mailto:aal@srg.dk)

## **Esbjerg**

Kongensgade 77, 2nd right

DK-6700 Esbjerg

[esb@srg.dk](mailto:esb@srg.dk)

## **Main office and secretariat**

Dronningens Tværgade 30, 2nd floor

DK-1302 Copenhagen K

[sek@srg.dk](mailto:sek@srg.dk)

## **Leaflets**

The Student Counselling Service has published a number of leaflets on some of the challenges that student life can present:

- Stress
- Examinations
- Maternity leave\*
- Perfectionism
- A good study life
- Revalidation and disability supplement\*
- Anxiety and panic attacks\*
- Ten good tips for group work\*
- Do you keep on deferring things?\*

\*only available in electronic form

To order leaflets, please send an e-mail to [pjecer@srg.dk](mailto:pjecer@srg.dk)

The leaflets can also be downloaded free of charge from [www.srg.dk](http://www.srg.dk)

The Student Counselling Service offers free advice and treatment to students at bachelor, professional bachelor and Master's level. The Student Counselling Service is an institution under the Ministry of Science, Innovation and Higher Education.

Read more at: [www.srg.dk](http://www.srg.dk)