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# Our blessing for you:

## counselling and mental health



CAMPUS  
SEGEN<sup>.DE</sup>

CampusSegen is an initiative of the  
University Chaplaincy in the Diocese of Essen.



*Do you need help with social and psychological issues or support with exam preparation? Are you looking for guidance, is your mental health important to you or would you like to talk about questions of faith? With us, you will find competent people to talk to about questions and concerns relating to life and studying at the university.*



YOU ARE ONCE AGAIN  
AT A LOSS FOR WORDS ...

Then let's search together.

### Stefan Wiesel

Encourager and word retriever,  
in short: University Chaplain (pastor)

#### PASTORAL CARE · SPIRITUAL GUIDANCE

Basis Bochum and Basis Essen  
Appointments by arrangement  
Tel. +49 (0) 151 / 16 14 30 91 · stefan@campussegen.de



TOO MUCH WORK  
TOO MUCH LIFE ...

Too little balance?

### Dr. Anna Mielniczuk-Pastoors

Life and integration juggler,  
in short: University Chaplain

#### PSYCHOSOCIAL COUNSELLING · SCHOLARSHIPS FOR INTERNATIONAL STUDENTS · EXAM COACHING

Basis Bochum and Basis Essen  
Appointments by arrangement  
Tel. +49 (0) 151 / 15 70 84 22 · anna@campussegen.de



All conversations and counselling sessions with all persons are confidential and free of charge and independent of religion/denomination or ideology.

WHEN YOU THINK  
YOU CAN'T GO ANY FURTHER ...

Let's explore new paths.



### Kilian Schlattmann

Seeker of mirth and meaning and trailblazer,  
in short: University Chaplain

#### PASTORAL CARE · CONVERSATION

Basis Bochum and Basis Essen  
Appointments by arrangement  
Tel. +49 (0) 171 / 176 0 125 · kilian@campussegen.de

BURNT OUT AND BURNT DOWN?

Fire extinguisher not in sight?



### Ursula Röttsches

First, second and third aider,  
in short: Social Pedagogue

#### SOCIAL COUNSELLING SCHOLARSHIPS FOR INTERNATIONAL STUDENTS

Basis Bochum · Tue + Thu: 9 a.m. – 4 p.m.  
Tel. +49 (0) 234 / 588 45 - 14 · ursula@campussegen.de

WHEN THOUGHTS CONSTRICT YOU ...

Let's make room for  
new perspectives.



### Annette Stolarski

Perspective changer and nudge,  
in short: Psychological counsellor

#### PSYCHOLOGICAL COUNSELLING

Basis Bochum · Mon + Thu: 9.00 a.m. – 5 p.m.  
by appointment only  
Tel. +49 (0) 234 / 588 45 - 13 · annette@campussegen.de