

## MENTAL HEALTH COUNSELLING FOR INTERNATIONAL STUDENTS IN BERLIN

As an international educational support agency we know that while global education offers incredible opportunities for learning, it also carries unique stressors and challenges. Our international counsellors are here to help.



## BUILDING RESILIENCE IN INTERNATIONAL STUDENTS FROM AROUND THE WORLD



## OUR SERVICES

### MENTAL HEALTH SUPPORT

Educators know that mental illnesses such as depression and anxiety disorders are on the rise particularly among young adults. International students separated from home cultures and family support systems are particularly vulnerable.

### WHY LINDEN?

Our highly qualified psychologists and counselors are compassionate experts in building resilience in young adults. Either on campus, at our counseling space in Berlin, or online, we offer students therapeutic counselling and solutions-focused mental health support. Our services include:

- Individual counseling for all mental health issues
- Workshops related to international living and learning on topics, including: mindfulness, stress, time management, conflict resolution, transitions, culture shock and healthy boundaries
- Expertise in crisis management
- Support and guidance for staff
- Specialized support for students with learning difficulties

### CONTACT US

Linden Global Learning & Support UG  
Jaegerstrasse 67, 10117  
+49 30 239 2267  
info@linden-education.com  
www.linden-education.com

