

# MENTAL HEALTH – Fact Sheet

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Many of you spend the online semester under difficult and sometimes lonely conditions. We would like to remind you of some of the support and counselling services offered by the University of Bern and encourage you to make use of them if you feel that you need help or would benefit from a second opinion.

## TIPS ON DEALING WITH ISOLATION AND STUDYING/WORKING FROM HOME:

- **Keep to a daily structure and create routines**  
Try to plan the day as precisely as possible.
- **Avoid burnout**  
Set strict limits on your work to avoid becoming overwhelmed, and take time to rest.
- **Eat healthy, take care of your body**  
Get enough sleep; do something you enjoy outside, like going to the park or for a run.
- **Maintain social contacts via telephone calls, texts, social media, and video conference**  
Find creative ways to spend time safely with friends.
- **Limit media consumption**  
Make time to relax by reading, listening to music, or exploring a new hobby.
- **Focus on the positive**  
Remember, you're not alone.
- **Offer to help others and accept help yourself if you need it**  
Talk to someone you trust if you or a friend feels bad.

## SUPPORT AND COUNSELLING SERVICES:

- The Counselling Centre Universities of Bern supports you in crises, fears, depressive moods, difficulties with home office, social isolation, conflicts and questions of personal development, career design and professional cooperation.
- On behalf of the university management, an exchange forum takes place every fortnight via Zoom with Dr Barbara Studer, where students can participate anonymously and deposit their concerns, worries and questions and discuss them with others. Please note: the exchange takes place in German only.
- The Institute of Psychology at the University of Bern offers an online self-help programme for psychological stress around the COVID-19 situation. Please note: the programme is in German
- The university chaplaincies at the University of Bern offer pastoral care and counselling, especially in connection with the Covid-19 crisis. The counselling is open to all students. AKI (catholic university chaplaincy), Reformiertes Forum (protestant university chaplaincy).
- For psychiatric emergencies the emergency team of the University Hospital for Psychiatry and Psychotherapy Bern (web page in German) is available 24 hours a day (365 days a year). You can contact them by telephone (031 632 88 11) or present yourself directly at the emergency centre at Inselspital, Murtenstrasse 21.

## TIPS ON THINGS TO DO

- University Sports offers many courses online or in small groups outside.
- The Erasmus Student Network offers events for international students.
- UniBE International informs about events taking place on Instagram and Facebook.

## FURTHER INFORMATION

Coronavirus: Information about self-organization and assistance (UniBE)