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Students help Students – Peer to Peer Helpline at the Medical University of Graz

The Medical University of Graz (MUG) supports its students with a new project to support and enhance their individual stress coping strategies in case of severe personal troubles. The students may contact the “MUG-helpline: students help students” by phone or by e-mail to get support. For this peer to peer system psychologically trained students help their fellow students to analyze their problems and to look for solutions in a quick and efficient way.

After having participated in a 12 months training program called “psychosocial interventions with personal crisis and coping with stress” - provided by the teaching unit “Communication/Supervision/Reflection (CSR)” - these students become “tutors of medical psychology”. As tutors they are supported in their work by 5 professional medical psychologists. In case of more complex problems or the need for an individual psychotherapy the tutors may contact the “Psychological Student Counselling Service Graz”.

This MUG-helpline is part of the *Studies Counselling Board* within the *Vice Rectory for Studies* at the MUG.