

Anja Rieth

### **Supporting students with mental health problems**

A program to support students with mental health problems to return to their studies after an interruption due to their mental illness will be presented. At Hamburg University students can participate in weekly group sessions to plan their academic term, exchange experiences and develop coping strategies for studying with a mental health problem. Individual psychological and academic counseling is also available to enhance chances to return to and either successfully complete academic career or to find a suitable alternative.

The program has been running for 10 years and was evaluated concerning outcome and efficacy. It was developed by a board whose members were all vocationally involved with students suffering mental health problems such as the university psychological counseling service, local career counselor, disability rights coordinator, student social services, local service for vocational rehabilitation as well as psychiatric clinic outpatient service. This networking board of members is still in place to coordinate support and for regular consultation.

Some concepts to counteract the stigma attached to mental illness at institutions of higher education will also be discussed.

Questions and Answers, exchange about different situations in Europe concerning disability rights and counseling