



SUPPORT GROUPS FOR CHANGE



Online Support Groups for Students

Mental stress in or out of university?

You are not alone!



Visit us on Instagram!
@supportgroups4change



Our concept

We are a group of students at Campus for Change e.V. who care about **student mental health**.

Current data show: **The subject is very relevant**. 25% of all students experience high levels of stress and 16% suffer from depressive symptoms.

Support groups have established themselves over many years as a low-threshold and effective offer for those affected.

For the implementation of our support groups we work in close cooperation with established players like the **Münchner Angstselbsthilfe** and the **Selbsthilfezentrum München**.

Our target group

Students of all majors who are looking for a place to connect on topics related to their mental health.

Examples of such topics are:

- Problems related to the **Covid pandemic** (e.g. isolation, anxiety)
- **Study-related problems** (e.g., stress in studies, pressure to perform)
- **Isolation and interpersonal problems** (e.g. social anxiety)
- Depression, anxiety, self-harm, eating disorders, compulsive behavior, etc.
- **In summary: anything that is on your mind!**

What we offer

- **Online support groups** for mutual support in the case of mental stress
- **8 students** per support group
- **Weekly group meetings** over the duration of three months
- **Trained group moderators** in each group
- Strict data protection and **confidentiality obligation**
- **Participation in our support groups is free of charge**

Interested?

In case of questions or interest in participating contact us at any time at: support.groups@campus4change.org
We look forward to meeting you!

