Online Support Groups for Students

Mental stress in or out of university?

You are not alone!

Visit us on Instagram! 
@supportgroups4change
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 Angstselbshilfe and the Selbsthilfezentrum München.

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!

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!