



IF YOU SEE NO WAY OUT...

Above all, studying means to gain new experiences, to meet new people and to make new friends. But it also means to get a certain degree of freedom and independence and hopefully also the possibility to do whatever you like.

However, studying can also mean to have difficulty coping with the unfamiliar, to move for the first time at a foreign location and to experience emotions of loneliness, pressure and excessive demand, which can even lead to doubts about the chosen study programme.

To experience pleasure, joy and confidence is as normal as being exposed to feelings such as nervousness, fear, doubt and excessive demand. It only gets critical if such feelings have a negative effect on the chosen career path. **To help in such situations, this folder provides you with relevant contacts and information.**

An online study conducted in 2016 among students of FH Upper Austria revealed that...

60%

of the respondents suffer from exam nerves.

44%

of the respondents get nervous when thinking about study-related challenges ahead.

48%

of the respondents think that they will sometimes suffer from or already have disorders (such as a headache, sleep disturbances, neck and back ache/tensions, digestive problems) due to the requirements of the degree programme.

Contact

University of Applied Sciences Upper Austria
Gender & Diversity Management Conference
Franz-Fritsch-Straße 11/Top 3, 4600 Wels | Austria
Phone: +43 5 0804 10, diversity@fh-ooe.at
www.fh-ooe.at



NEED SOME HELP?

**POCKET GUIDE FOR
SOLVING STUDY-RELATED ISSUES**



**UNIVERSITY
OF APPLIED SCIENCES
UPPER AUSTRIA**

CRISES

Do I consume too much alcohol, cigarettes or social media?
Who helps me with family problems and pressure at work?

COUNSELLING CENTER DIÖZESE LINZ
www.beziehungleben.at

INSTAHELP
<https://instahelp.me/at> (online-counselling, anonymous, price range between 29-69 € a week)

MAN'S ADVICE CENTER
Phone: 0732 66 64 12
www.land-oberoesterreich.gv.at/32029.htm

ÖH-HELPLINE 01/585 33 33
union advice on excessive demands, psychological disorders, organizational or financial issues,
Mo.: 3-6pm, Wed.: 4-6pm, Thu.: 4-6pm

Ö3-CARELINE-DAILY 16 123
between 4-12pm (free of charge)

THERAPY SERVICES PROGÉS
www.proges.at

IMPAIRMENT

Where do I get help when I suffer from psychological problems and physical impairment?
What shall I do if a family member needs care?

SUPPORT MEASURES FOR LEARNERS IN HIGHER EDUCATION
https://eacea.ec.europa.eu/national-policies/eurydice/content/support-measures-learners-higher-education-1_pt-pt

CARE-LINE OF FH UPPER AUSTRIA
Phone: 0800 82 82 04
Counselling Service for questions related to care, daily between 8am-8pm (also on Sunday and holiday).

VIOLENCE

Who do I have to contact if I get sexually assaulted?
How can I escape violent behavior?

HELPLINE FOR WOMEN AGAINST VIOLENCE
Phone: 0800 222 55 (anonymous, free of charge, 24 hours) www.frauenhelpline.at

CENTER FOR WOMEN LINZ
Phone: 0732 60 22 00
www.frauenzentrum.at/wp

PROTECTION AGAINST VIOLENCE CENTER
Phone: 0732 60 77 60 (free of charge, confidential)
www.gewaltschutzzentrum.at/ooe

COUNSELLING SERVICE FOR MEN
Phone: 0732 66 64 12
www.land-oberoesterreich.gv.at/32029.htm

ORGANIZATION

How can I file my leave of absence?
How often can I resit examinations?
I want to change my degree programme. I want to study abroad and need financial support.
Whom do I have to contact?

ADMINISTRATION OFFICE/FACULTY
of each Campus

DIRECTOR OF STUDIES
of each Campus

INTERNATIONAL OFFICE
of each campus
www.fh-ooe.at/international/kontakt

ÖH-HELPLINE/UNION REPRESENTATION
Phone: 01 585 33 33, www.oeh.ac.at/helpline
<http://oeh.fh-ooe.at>

HOPELESSNESS

How can I cope better with feelings of fear, depression and loneliness?
How can I get rid of my sleeping problems/feelings of hopelessness?
Wie bekomme ich Hilfe bei Suizidgedanken?

EXIT-SOZIAL -COUNCELLING SERVICE
www.exitsozial.at

CRISIS SUPPORT/SUICIDAL PREVENTION UPPER AUSTRIA
Phone: 0732 2177 (emergency call)
daily between 0am – 12pm
www.krisenhilfeooe.at

PRO MENTE ÖÖ COUNCELLING SERVICE
www.pmoee.at

PSYCHOLOGICAL STUDENT COUNCELLING
Phone: 0732 2468 7930 (free of charge, also responsible for FH students)
located at the JKU
www.studierendenberatung.at

FAIRNESS

What can I do if I face unequal treatment?
Where do I get support if I get discriminated against?

OFFICE FOR EQUAL TREATMENT
Phone: 0800 206 119 (free of charge)
Mo-Thu.: 9am-3pm, Fri.: 9am-12am
www.gleichbehandlungsanwaltschaft.at

MEMBERS OF THE GENDER AND DIVERSITY MANAGEMENT CONFERENCE
Email: diversity@fh-ooe.at
www.fh-ooe.at/gender-diversity