How we support students?

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How does Counselling Centre support?

- Psychological counselling in Tartu and in colleges
- Career counselling
- Counselling students with special needs
- Study organisational counselling
- Training and supporting peer tutors
What are the main concerns?

- Excessive worry and stress
- Anxiety
- Low self-esteem
- Tensions of coping with studies
- Loss of study motivation (demotivation)
- Problems with time management and procrastination
- Problems in social relations
What signs indicate that you need help?

• Sleep and appetite is distracted
• Mood fluctuations, low mood
• Self-esteem is disturbingly low
• Nothing gives pleasure or loss of interest
• School and other responsibilities pile-up
• Dissatisfaction and tensions in relationships
• Self-harming and suicidal thoughts