

**Clear the  
Stage  
for Your *stress-free* Self!**



**STUDENTENWERK  
LEIPZIG**

# PSYCHOSOCIAL COUNSELLING FOR HMT STUDENTS

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A new service for students of **Hochschule für Musik und Theater “Felix Mendelssohn Bartholdy” Leipzig** is offered by the Psychosocial Counselling Service of Studentenwerk Leipzig. There will be individual and group counselling sessions (appointed and open) on topics like:

- ✎ Finding a positive way of dealing with stage fright
- ✎ Reducing anxiety in exam situations and public performances
- ✎ Coping with stress and how to prevent it in the first place
- ✎ Learning individual relaxation techniques
- ✎ Maintaining motivation for studying

## Contact and Further Information

E-mail for appointments:

[psb-hmt@studentenwerk-leipzig.de](mailto:psb-hmt@studentenwerk-leipzig.de)

- ✎ Counselling in English is possible
- ✎ Other languages by request

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## THE COUNSELLING SERVICE SUPPORTS ...

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... HMT students and all other students of Leipzig's universities and academies falling within the responsibility of Studentenwerk Leipzig in accomplishing their course of studies and dealing with various personal and study-related strains. Information on all of our services can be found at:

[www.studentenwerk-leipzig.de/en/counselling-social-issues/psychosocial-counselling](http://www.studentenwerk-leipzig.de/en/counselling-social-issues/psychosocial-counselling)

