

Studying & Mental Health Support Information

Department of English Staff & Students' Committee

Studying can be an intense, sometimes quite stressful experience. However, there are many sources of support available at and around the University of Bern:

1. Beratungsstelle der Berner Hochschulen

They offer free counselling for both private and university matters, and a library with helpful guides, which is also free to use. Bonus: it is very close to Unitobler!

Erlachstrasse 17
3012 Bern
www.beratungsstelle.bernerhochschulen.ch
+41 31 635 24 35

2. Studierendenschaft der Universität Bern (SUB)

The SUB is a student-run organisation that provides a range of support services to anyone who is a matriculated or prospective UniBe student. Some of their services are listed here:

a) Financial Help - SUB Sozialfonds

When financial stress is affecting your ability to cope, the SUB can support you with a contribution or loan of up to CHF 5000:

<https://sub.unibe.ch/de/dienstleistungen/sozialfonds-der-sub-183.html>

b) Legal Advice

This can relate to any of kind of discrimination, sexual harassment, or employment issues:

<https://sub.unibe.ch/de/dienstleistung/rechtsberatung-148.html>

c) Student Jobs

The SUB connects students with a range of employers, both university internal and external, through their online job search platform, and provides information on balancing your work and studies: <https://sub.unibe.ch/en/student-job-portal/studijob-fuer-arbeitgeberinnen-28.html>

d) Housing

Here you can find apartments available to rent, or advertise your own, at a range of prices:
<https://sub.unibe.ch/de/wohnen-10.html>

e) Well-being

The SUB also has several services that aim to improve the well-being of UniBe's students, including Womentoring (women-only mentorship scheme), a support network for students with children, and The Silent Room (a multi-faith and secular prayer and meditation space):
<https://sub.unibe.ch/en/services-information-11.html#section-146>

3. Samaritans/Helping Hand

If you need advice or simply someone to talk to, here you'll find information on how to anonymously call, email or live-chat with a trained Samaritans volunteer: www.143.ch

4. LGBTIQ Helpline

The LGBTIQ Helpline is a free peer-to-peer advisory service. It also has a reporting office for sexuality and gender-based hate crimes: <https://www.lgbtiq-helpline.ch/en/advice>

5. Unisport

- a) The gyms and almost all sports courses are completely free. They offer at least 70 different sports for various levels from beginner to experts.
https://www.unibe.ch/universitaet/campus_und_infrastruktur/universitaetssport

ZSSw
Bremgartenstrasse 145
3012 Bern

Von Roll
Fabrikstrasse 8
3012 Bern

- b) Unisport Massage can offer relief with tension and stress generally. It costs between CHF 26.- to 65.- for students. Booking via +41 31 631 47 67 or online.
https://www.zssw.unibe.ch/usp/zms/massage_angebot/index_ger.html

- c) Unisport Sauna: CHF 7.- for students

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Bremgartenstrasse 145

3012 Bern

6. Socialising with peers

If you are looking for some company, you can usually find fellow students in the English Department's Tea Corner, especially at lunchtimes during the semester. The workshops and parties at the end of the semester are also a great opportunity to meet new people. You can connect with the Students' Committee via their Facebook group :

<https://www.facebook.com/StudentsCommitteeUniBe>

7. Studying with peers

Unitobler has several unlocked rooms for group study. These can be reserved using a sign-up sheet on the door, or you can simply try your luck and see if one is free:

D124, 1. OG, capacity: 12

D125, 1. OG, capacity: 4-6

D322, 3. OG, capacity: 12

B237, 2. OG, capacity: 12