

# Make contact now

If you need support, or would like to have more information on either “Supported Employment” or the “Employee and Management Assistance Program”, please contact us in English or German. Your request will be kept confidential.



Website EMAP



Website Supported Employment

## Supported Employment, ZFP

**Dr. Daniel Nischk**  
d.nischk@zfp-reichenau.de  
07531-977-8761

## Employee and Management Assistance Program

**Hotline (free, 24/7)**      **0800 80 100 70 70** (within Germany)  
                                         **+49 69 25738395** (outside Germany)

## University of Konstanz Psychotherapy Clinic

**For registered uni students**  
psychotherapie-ambulanz@uni-konstanz.de  
07531 - 88-3521

## Max Planck Institute of Animal Behavior Mental Health First Aid Responders

**Jennifer Golbol**  
jgolbol@ab.mpg.de  
0172-156-8625  
Mon-Tue: Bücklestraße room 4.14  
Wed-Thu: Moeggigen 1.07  
Fri: Uni ZT1009

**Sibylle Hahn**  
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07531-94505-15  
Bücklestraße room 4.08

FREE COACHING  
TO SUPPORT  
MENTAL HEALTH  
IN THE WORKPLACE

WELL  
AT  
WORK

# Get support now

Taking care of our mental health is a priority throughout our lives—including at work. Employers are obliged to create a culture that supports mental well being and recovery from ill-health. Your workplace can be a source of mental health support—and taking positive steps can make a difference.

Research shows that mental health-related issues is the second-most common cause for employees in Germany to take time away from work\*

\*Source: gesund.bund.de

IF YOU ARE EXPERIENCING MENTAL ILL-HEALTH, IT'S IMPORTANT TO REMEMBER THAT YOU'RE NOT ALONE AND SUPPORT IS AVAILABLE.

# Free help, immediately

You can access free advice and counselling from trained mental health experts through two external services.

1

The “**Employee and Manager Assistance Program**” provides immediate counselling services available 24 hours a day. Counsellors support you in dealing with professional or personal problems and issues that affect your well-being at work.

2

The “**Supported Employment**” project puts you in contact with a professional job coach located in Konstanz. Through confidential one-on-one sessions, your coach will help you address and manage issues related to mental ill-health.

EMAP IS FREE FOR ALL EMPLOYEES AND SCHOLARSHIP HOLDERS OF THE MAX PLANCK SOCIETY, AS WELL AS RELATIVES LIVING IN THE SAME HOUSEHOLD.

## THIS COULD INCLUDE:

- maintaining current employment
- mediating workplace conflicts
- coordinating support from physicians, therapists, social services, relatives
- fine-tuning existing resources to suit your needs

SUPPORTED EMPLOYMENT IS OPEN TO ANYONE IN NEED OF HELP. ESTABLISHED IN 2015, IT IS A JOINT INITIATIVE OF THE CENTRE FOR PSYCHIATRY REICHENAU AND THE DISTRICT OF KONSTANZ.

