Van Dijk | Pixaba

## 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

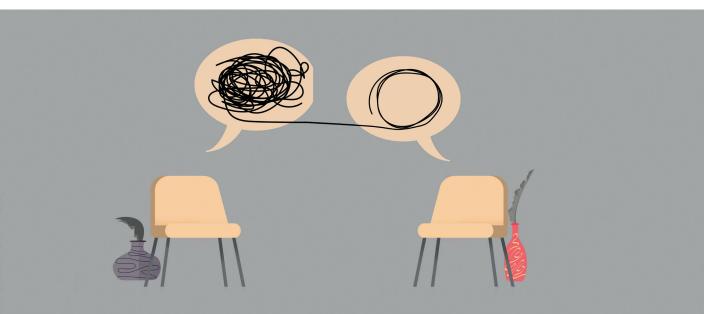
#### Max Planck Institute of Animal Behavior Mental Health First Aid Responders

Jennifer Golbol

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



07531-94505-15 Bücklestraße room 4.08







## 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 illhealth. 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 secondmost 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.



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

#### THIS COULD INCLUDE:



- 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.



### 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.

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