

# Free psychological assistance available at SFedU

Southern Federal University provides psychological assistance and counseling service for those in need.

Students, university staff, applicants who take part in Southern Federal District Education Cluster projects can get qualified psychological support by SFedU specialists.

The essential goal of the University Psychological Assistance Center is to provide you with psychological support, to create favorable socio-psychological environment for academic and professional activities of the students and academic staff.

## **When to contact the University Psychological Assistance Center (online):**

- in the times of stress
- if you feel depressed
- if you've faced some psychological problems and need help to overcome them
- if you need an advice on personal development, including career choice

## **Who can get the psychological assistance online:**

Students and academic staff at Southern Federal University.

## **How the consultation will be conducted:**

An online consultation will be conducted in any mode convenient for you: via video-conferencing system, messenger or mobile phone, in-person – on the platform of SFedU social-professional co-working "The territory of action" (Rostov-on-Don, Bolshaya Sadovaya st., 71/16, Rostov-on-Don, Rostov reg., 344006). Online consultation is also available via co-working platforms in such cities as Makhachkala, Gelendzhik and Novoshakhtinsk.

## **How to obtain psychological assistance online:**

To get an online consultation, you should contact the University Psychological Service Center by the telephone number (863)218-40-00 (additional number 21047) or +7(908)199-26-17 (call/WhatsApp) on working days from 10.00 to 17.00 or apply at any time through the website <http://coworkingsfedu.tilda.ws/>