

Student Personal Support Services

Coming to Hungary to live and study is an exciting experience.

It is great to have you here!

There are lots of resources you will find on-campus to help you adjust to the local university culture. One of such services available to you is the on-campus student personal support office where you can meet a student counselor free of charge in a private and confidential setting to discuss your personal issues and challenges.

What is Student Personal Support Service (SPSS)?

SPSS is the done by professional mental health counselors or psychologists who assist individuals, and groups with diverse needs through challenges in their life journeys. Counselors take a developmental perspective that people grow and change throughout their lives.

Professional counselors understand principles of human development, psychology, mental health and change theories, and they establish effective helping relationships with people from diverse cultures.

Counselors are also skilled in the assessment of people and situations, diagnosis and treatment of mental disorders, and in the application of cognitive, affective, behavioral and systemic strategies to facilitate change.

Professional counselors help clients explore their concerns and assist them in creating change.

They work with clients to implement personal goals and/or advocate for system-wide changes. As professional helpers, counselors are respectful and responsive to clients and offer a safe place for people to share their experiences and to explore ways to cope.

Counselors are skilled in implementing therapeutic interventions designed to help clients challenged by a range of circumstances including: trauma, depression, anxiety, stress, unanticipated life events, interpersonal discord, social injustice, worksite disruption and career issues etc.

On this campus Mr. Levente Somogyi is responsible to attend to the personal- and mental-health - needs of students. Culturally sensitive support is available both in English and Hungarian to all students.

Most common topics of students turning to a student counselor are:

- Learning difficulties and problems with academic performance (procrastination, test or performance anxiety)
- Guidance counseling/career orientation
- Student-teacher relational conflict and problems
- Difficulties with establishing relationships or isolation or loneliness
- Living in Hungary (anomalies derived from living abroad)
- Bullying concerns
- Eating concerns
- Feeling sad
- Time management skills
- Personal assessment/tests
- Sexuality
- Mental illnesses and conditions
- Addictions (Drugs, alcohol, sex, computer, shopping, games etc.)

- Mental (health and wellness) issues pertaining to personal awareness and personal development
- Issues relating to spirituality and religious life
- Inter/multi-cultural communication (learning to better communicate with people from different cultures)

What does it mean counseling is confidential?

In order to grow it is essential to have a safe environment where personal thoughts and feelings can be shared. Insuring confidentiality is therefore, vital. For more information, please visit mentalhub terms & policy page.

Setting up an appointment with your student counselor:

On-campus Student Personal Support Services are available to all students. There are multiple ways you can contact the mental health counselor, in person during office hours, or in e-mail (mhc@human-service.hu) or by phone: (+36) 30-386-9898 or through the online booking system via www.mentalhub.hu.

www.mentalhub.hu – your own resource site:

In cooperation with the university there is a website provided by Human-Service where you find mental health resources – articles, videos, smartphone applications along with the latest service announcements.

In order to access support materials, first you need to click onto your institutional logo on the opening page (be aware of Hungarian and English variations of logos.)