Hochschule München University of Applied Sciences

AG studyFIT
studyFIT@hm.edu
IG Peer
innovationsgruppe-peer@hm.edu

The studyFIT working group and IG Peer connects HM employees to develop health and learning programmes and support students.

Contact persons at HM and externally (part 1/2)

Support in difficult times and crises

I need urgent help!

Emergency number

☎ 112
also in cases of acute mental crises and suicide risk

Krisendienst Bayern 24h:

☎ 0800 655 3000
EN and 120 other languages

↗ Additional emergency contacts
↗ 24-hour telephone counselling service:

only DE, but link to other crisis lines

☎ 0800 111 0 222
☎ 0800 111 0 111
☎ 116 123

I am in crisis – who can help me?

↗ Studierendenwerk München Oberbayern
↗ Psychotherapeutic and psychosocial counselling
EN

↗ Nightline München
↗ Mon-Sat from 9 pm - 0:30 am
☎ + 49 89 2316 5656
EN

↗ Krisenchat 24h
↗ Chat counselling for worries and problems for under 25 year olds
EN, UK, RU and others on request.

↗ PAOSO Hochschulgemeinde
☎ +49 89 881528
✉ paoso@hm.edu
EN

Who can advise me on difficult situations during my studies at HM??

Student Advising Centre
☎ +49 89 1265-1121
✉ beratung@hm.edu
EN

↗ Peer Coaches
↗ Students advising students
✉ peer-coaching@hm.edu
EN

I have a chronic illness/disability or a mental/physical impairment – where can I find support?

at HM:

↗ Representative for students with disabilities and chronic illnesses
Norbert Schindler
☎ +49 89 1265-2328
✉ n.schindler@hm.edu
EN

externally:

↗ Studying with disabilities: Studierendenwerk München Oberbayern
EN

Who can help me with addiction problems?

↗ 24-hour addiction helpline
☎ +49 89 282822
EN, FR, IT, PL, DK

Latest version: January 2026

= Languages available (in addition to German)

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Contact persons at HM and externally(part 2/2)

Support in difficult times and crises

I I have questions about exams and the formal requirements of my studies – who can I speak to?

at HM:

↗ Contact persons for every degree program at the examination office
EN

↗ Contact persons for academic advisory service for all degree programs
EN

Examination board for your degree programme
Please check with your department
EN

I am unsure about my degree programme: should I stay, switch or leave? Where can I get advice?

at HM:

↗ Student advisory service
☎+49 89 1265-1121,
✉ beratung@hm.edu
EN

↗ Academic advisors for all departments
EN

Who can I turn to in case of dis-crimination or sexual harassment?

↗ First point of contact for anti-discrimination at HM
✉ antidiskriminierung@hm.edu
EN

I am struggling with the self-organizational aspect of studying – can anyone help me?

at HM:

↗ Student advisory Service, "Check dein Studium"
EN

↗ Events offered by HM's CAREER Center

↗ Study coaching offered by selected departments
03, 06, 07, 09 and10

externally:

↗ Coaching offered by Studierendenwerk München Oberbayern
✉ studierendencoaching@stwm.de
EN

I have questions about living expenses, pregnancy, studying with a child, living in Germany, etc.

at HM

↗ Student advisory service
☎+49 89 1265-1121,
✉ beratung@hm.edu
EN

externally

↗ Studierendenwerk München Oberbayern
EN

HM

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