



unimc
UNIVERSITÀ DI MACERATA

l'umanesimo che innova



orientamento
INFOPOINT

SERVICES FOR THE WELLBEING OF STUDENTS

With the aim of coping together with this difficult period we are all going through, **Unimc promotes and supports the psychological and emotional wellbeing of students** by offering a comprehensive support service.

Sharing thoughts, fears and anxiety, expressing feelings within a neutral and professional context may help find the clearness of thought needed to tackle difficulties and change.

0. TELEPHONE COUNSELLING

You may talk freely about personal issues... That's the first step.

1. ORIENTATION

You may discuss about your education and professional career.

2. LIFE COACH

You may explore your skills and train your potentials to reach your goals.

3. PSYCHOLOGICAL COUNSELLING

You may go deep down to grow emotionally stronger.

All services are free and confidential

INFO

<https://bit.ly/3vbvdUU>

