

PSYCHOLOGICAL COUNSELING FOR INTERNATIONAL STUDENTS

International students may be more vulnerable to psychological distress due to the challenges encountered during cross-cultural transitions and the process of adapting to a new social and academic environment. Developing effective coping strategies can positively influence adaptation and strengthen personal resources.

HOW IT WORKS:

The University's Psychological Counseling service is a short-term intervention offered to support students facing personal and/or academic challenges.

Psychological Counseling for International Students includes five 50-minute sessions, held on a regular basis (weekly or biweekly), with one follow-up meeting approximately three months later.

These Psychological Counseling sessions are **FREE** of charge and will be provided in **ENGLISH**.

The service complies with **strict security, privacy, and confidentiality measures** for personal data.

HOW TO ACCESS:

To schedule an online or face-to-face appointment, you can contact:

Dr. Elisa Canepa, psychologist and psychotherapist
elisa.canepa@ext.unige.it.

PRISMA (Promuovere Risorse Individuali e Sociali nel Mondo Accademico) is a project aimed at promoting psychophysical well-being and preventing psychological distress among students at the University of Genoa.



prisma.unige.it