



Junge Selbsthilfe  
**International**

WWW.JSH.AC

## International Student Support Group

Depression and Anxiety

### Do you suffer from depression or anxiety?

We are a group of young people involved in various support groups in Aachen. We are convinced that it is particularly helpful to meet with people who made similar experiences. A support group gives you an opportunity to talk openly about your feelings in a non-judgemental environment. By joining our group you will make the experience that **you are not alone!**

As soon as there is sufficient interest we will provide a room for a regular meeting and start the group with you.

If you are interested to participate please contact us:

✉ [international@jsh.ac](mailto:international@jsh.ac)