



# Mental Health Coaching

Employee Assistance Program



Over  
30 years of  
experience

## Mental Health Coaching

tackling professional, private, or health challenges.

Take advantage of our service offered at short notice, confidentially and free of charge.

[www.fuerstenberg-institut.com](http://www.fuerstenberg-institut.com)

# Welcome to the Fürstenberg Institut

**Dear employees,**

Our Mental Health Coaching is offered to you by your company. We will support you in tackling any professional, private or health challenges. Regardless of what issue you come to us with, you will be offered an appointment at short notice with a consultant who has the right level of expertise to support you with your issue.

The consultation is free of charge and, of course, it is confidential – this has been contractually agreed with your company.

You can contact us anytime; we are available 24 hours a day, 365 days a year. You will find lots of practical content such as videos, podcasts, exercises and checklists on our comprehensive mental health platform called *myFürstenberg*. You can also register for our exciting webinars and events.

We look forward to hearing from you!

Your coaching team from the Fürstenberg Institut

**Feel free to make an appointment!**

**0800 / 387 78 36** (free from landlines in Germany)

**[coaching@fuerstenberg-institut.de](mailto:coaching@fuerstenberg-institut.de)**

**[my.fuerstenberg-institut.com](https://my.fuerstenberg-institut.com)**

You will receive access to our mental health platform, *myFürstenberg*, via your company.

You can find toll-free numbers from abroad on our website.

