
Counselling services

List of emergency services outside of Charles University:

<https://centrumcarolina.cuni.cz/CCENG-62.html>

All students and University staff affected by the situation at **Faculty of Arts** can use a **special e-mail**: psych.pomoc@cuni.cz.

E-mails are answered by counseling staff from the Carolina Center and the Faculty of Arts, whom connect the person with question with an expert. You will receive an answer within the next day. **Please do not hesitate to use support**, even if you were not a direct participant in the event - support capacities are now sufficient for everyone.

Czech institute for psychotherapy and EMDR: stabilization of acute stress symptoms using the EMDR method - Desensitization therapy using eye movement

In person and online meetings are held in a secure environment and are for free. Sharing feelings or talking about experiences verbally is not required.

There are also regular closed groups for employees and students who are informed by e-mail address.

[more information about meetings](#)

Charles University Counselling Centre provides services to help get you through the challenges you may face in emotional, interpersonal, and academic/career-choice situations. You can choose the service in the list on the left. The services are free of charge for students and employees of Charles University.

If you need advice, help or informations about our services you can write to: counsel@ruk.cuni.cz

[Rules for the provision of counselling services](#)

Israeli students and students who are affected by the current situation in Israel are welcome to open support group meetings every Monday in the Counseling Center at Školská street 13a. No need to register in advance.


More information here: <https://centrumcarolina.cuni.cz/CCENG-195.html>

Support at Charles University in connection with the current situation in Ukraine - student counselling,



accommodation, help at faculties

If you need psychological help due to the **crisis situation in Ukraine**, you can contact us: counsel@ruk.cuni.cz, **we will try to arrange a meeting as soon as possible.**

	Free calls for people affected by the conflict in Ukraine Offers therapeutic line Sluchátko (Headphone) In Ukrainian on Thursday from 9:00 to 11:00 In English on Wednesdays from 9:00 to 18:00 You only pay the normal charges to your telephone company The offer also applies to front-line staff and volunteers
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Contact:

	Mgr. Silvie Nedvědová tel.: +420 222 232 452, +420 778 420 553 in working hours e-mail: counsel@ruk.cuni.cz place: Školská 13a, Prague 1
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