You can visit the counselling in person and we also offer services on-line. We use Skype, Teams, ZOOM and other available tools, according to your agreement with the chosen counsellor.

We offer counselling in English, **free of charge for all CU students and employees**. Should you need our help to deal with your study, family, personal or other problems, you are welcome to come to our Counselling Centre.

**Rules for the provision of counselling services**

**Address:** Školská 13a, Prague 1, small green door

The consultations take place mainly at Školská, sometimes at offices of individual counsellors. You can contact our counsellors at their e-mails or register in the available applications.

**Registration:** you can write an e-mail to the counsellor or register here:

**REGISTRATION FOR COUNSELLING ALSO IN ENGLISH**

If there are no consultations available in the application you can ask the counsellor, you chose, to make an appointment for you via their e-mail.

If you need any advice or help you can also write to: counsel@ruk.cuni.cz

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.

**Psychological counselling**

<table>
<thead>
<tr>
<th>Mgr. Petr Arbet</th>
<th><a href="mailto:petr.arbet@ruk.cuni.cz">petr.arbet@ruk.cuni.cz</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>I work as a psychologist, psychological coach and I’m in the supervision portion of my psychotherapy training. As a student I knew what it was like to feel uncertainty about purpose and meaning of life. Thanks to someone else I was able to get to know myself better and I would like to offer the same help to you.</td>
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<tr>
<td>I like to work with symbols and fantasy, you can imagine therapy and coaching as a way of opening a door. We only suspect that it exists, even though it’s in our own house, within us. I would like to offer you a key, that can help you open it and see what is hidden behind the door. I like to work with topics like motivation, burnout or stress management.</td>
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</table>

**Soy psicólogo, coach y terapeuta. Mi misión es despertar en los demás el deseo de ser ellos mismos. Me centro en temas como: ansiedad, estrés excesivo, pérdida de sentido, motivación y ganas (no solo) para estudiar, soledad, depresión, problemas de pareja...**

Pasé un año en Valencia como estudiante Erasmus.

<table>
<thead>
<tr>
<th>Mgr. Lukáš Pánek</th>
<th><a href="mailto:10368590@o365.cuni.cz">10368590@o365.cuni.cz</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy psicólogo, coach y terapeuta. Mi misión es despertar en los demás el deseo de ser ellos mismos. Me centro en temas como: ansiedad, estrés excesivo, pérdida de sentido, motivación y ganas (no solo) para estudiar, soledad, depresión, problemas de pareja... <strong>Soy psicólogo, coach y terapeuta. Mi misión es despertar en los demás el deseo de ser ellos mismos. Me centro en temas como: ansiedad, estrés excesivo, pérdida de sentido, motivación y ganas (no solo) para estudiar, soledad, depresión, problemas de pareja...</strong> Pasé un año en Valencia como estudiante Erasmus.</td>
<td></td>
</tr>
</tbody>
</table>
I have a degree in psychology, and I have experience working as an elementary and high school psychologist. I am currently in the supervision portion of my psychotherapy training in Biosynthesis and work with clients in private practice.

I offer mental health counselling and short-term therapy for CU students and staff. Feel free to contact me if you’re facing problems with your studies, mental health problems such as anxiety, difficulties in relationships, or if you’re seeking support in challenging situations.

**I graduated from psychology 3 years ago. For the last 4 years I worked as a crisis consultant on the help line for children and students and also as a mental health awareness trainer. I am currently participating in 1-year training on Somatic Coaching.**

I offer psychological counselling and relaxation techniques training both for students and employees of Charles University. I can help you deal with challenging life situations by focusing on finding your coping mechanisms and understanding your specific needs. I have particular experience with the topics of high sensitivity (HSP), work/study-life balance and self-care.

**I have a degree in psychology from Charles University, I worked as a pedagogical assistant, psychologist for families or as a psychologist for children and adults at a crisis center (Diakonie ČCE). I’m currently in the psychotherapy training in CBT (cognitive-behavioral therapy). I offer crisis intervention, mental health counselling, or short-term therapy. I focus on topics like study issues, relationships, challenging situations, parenting or anything else.**