
Student Counselling Centre

Address

Students' Counselling Centre
Department of Child Health Promotion
Building C/10, NIPH
Third Faculty of Medicine, Charles University

Contact Person

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Consultations: Wednesday 10.00 - 12.00, 13.00 - 16.00 upon previous agreement via email or phone

Provided Services

- **Counselling on personal development and stress management**
 - assistance in adaptation to new study and living conditions
 - assistance in a difficult personal situation
 - stress management and support of a healthy lifestyle
- **Study counselling**
 - assistance in solving study issues
 - assistance in identifying an effective learning style
- **Counselling on quitting smoking**
- **Reference to specialized services**
 - crisis intervention
 - psychiatric consultation
 - psychotherapy
 - pharmacological support of quitting smoking, etc.

Charles University Counselling Centre

<https://centrumcarolina.cuni.cz/CCENG-33.html>

My mental health guide

<https://www.mymentalhealth.guide/>