
Resilience Centre

The Resilience Centre of Charles University (CR CU) was established in 2024 and is part of the UK Point Department at the university's rectorate.

At the Resilience Centre, **we believe that resilience is a skill that can be learned**. We know that it is strengthened by every challenge we overcome, and we therefore teach the world around us not to fear obstacles.

Our goal is to connect individual faculties, share examples of good practice, and collaboratively support the well-being of students and staff. We also collaborate with international partners, from whom we gain valuable insights, inspiration, and proven approaches.

At CR CU, we offer a wide range of preventive/educational as well as counseling/intervention services. We focus on training in crisis preparedness, first aid, and managing stressful situations, and we also provide psychological and legal counseling, coaching, and support groups.

More information about our vision, mission, and specific objectives can be found [here](#).

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