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# Counselling Services at Charles University

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All students and staff of Charles University can get support in challenging situations. You are not alone.

Counselling services **at the central level** can be found at **CU Point**.

The CU Point counselling services are for free and are available to students and staff of all faculties and parts of the university.

Most **faculties** of Charles University also have their own counselling services.



**The counselling services at the university operate during working hours.**

**In an acute crisis and urgent situations contact the crisis support system services in the Czech Republic, which are available 24 hours a day, 7 days a week.**

List of [emergency services outside of Charles University](#)

If you need advice, help or informations about counselling services at Charles University you can write to: [counsel@ruk.cuni.cz](mailto:counsel@ruk.cuni.cz)

**Contact:**

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