# **Faculty Counselling Services**

In addition to the counseling services provided by the CU Point counselling centers, you can also use the counselling services at individual faculties.

## Who can use the counselling services?

The services of the faculty counselling centers are primarily intended for students and employees of the respective faculties, but in some cases, they can also be used by people from other faculties of Charles University upon agreement. More information can be found on the websites of the individual faculties and their counselling centers.

**Hussite Theological Faculty** 

Location: Pacovská 350/4, 140 21 Prague 4

Web: Student and staff support

For whom? Applicants and students of the Hussite Theological Faculty

Buddy program for international students.

- Buddies will help you out with things such as picking you up at the airport or the bus/train station, show you how the
  public transportation system works, help you move in or show you the faculty.
- They are here for you whether you need assistance with going to the doctor or choosing a new place to eat.

Law Faculty

Location: room 118

Web: <u>Psychological counselling.</u>

For whom? For students of the Law faculty

## Provided services:

• If you encounter emotionally demanding situations, inappropriate behavior, discrimination, or any other problematic behavior during your studies or work, do not hesitate to seek support.

First Faculty of Medicine

Workplace: Institute for medical humanities

Location: Faust House - 2nd floor; Karlovo náměstí 40, 128 00 Prague 2

Phone: +420 732 482 266
Email: hinka@volny.cz
Web: Psychological counselling.

For whom? For all students and staff of the First Faculty of Medicine.

## Support is provided in these areas:

- · Relationship issues (partner, family, generational relationships, etc.)
- · Difficulties with adaptation to university studies
- · Other subjective difficulties

Second Faculty of Medicine

Location: V Úvalu 84, 150 18 Prague 5 - Motol

Web: Students with special needs

Phone: 224 435 834

Email: anna.pecharova@lfmotol.cuni.cz;Guidance Counselor for students with special needs.

anastasiya.lahutsina@lfmotol.cuni.cz - Clinical Neurologist

For whom? Students of Second Faculty of Medicine.

Third Faculty of Medicine

Workplace: Department of Child Health Promotion; Building C/10, NIPH

Location: Ruská 87, 100 00 Prague 10

Phone: +420 267 102 340
Web: Student counselling centre

Email: dagmar.schneidrova@lf3.cuni.cz

For whom? Students of the Third Faculty of Medicine

#### **Provided services:**

- Counselling on personal development and stress management (assisstance in adaptation to new study and living conditions; assisstance in a difficult personal situation; stress management and support of a healthy lifestyle)
- Study counselling (assisstance in solving study issues; assisstance 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.)

Faculty of Medicine in Pilsen

Web: Counselling for students

Email: podpora.ssp@lfp.cuni.cz (for students with special needs)
Phone: (+420) 377 593 117 (for students with special needs)
For whom? All students of the Faculty of Medicine in Pilsen

## Support is provided in these areas:

- · Difficulties with studying
- Traumatic experience
- · Fear of the future
- · Difficulties with self-esteem

Faculty of Medicine in Hradec Králové

Location: Šimkova 870, 500 01 Hradec Králové Email: haimyg@lfhk.cuni.cz or skor@lfhk.cuni.cz Web: Educational and psychological counselling

For whom? Students of the Faculty of Medicine in Hradec Králové

#### Support is provided in these areas:

- · Adjusting to cultural differences and the educational system
- · Managing academic problems
- · Talking about stressful situations
- · Dealing with relationship difficulties
- Improving your communication skills
- Discussing health related issues

Faculty of Pharmacy in Hradec Králové

Location: Akademika Heyrovského 1203; 500 03 Hradec Králové

Web: Faculty of Pharmacy

Email: raduzemanova@seznam.cz or zemanovra@faf.cuni.cz

Faculty of Arts

Location: Celetná 20, room M210 and Hybernská 4, Prague 1, 110 00 – building D, 2nd. floor, room 212

Web: Support for students in difficult situations; Contacts for counsellors

For whom? Students and staff of the Faculty of Arts

## Support is provided in these areas:

- **Psychological difficulties** (For example: crisis situations, anxiety and depressive states, grief, stress, mental discomfort, difficult adaptation, issues related to addiction)
- Personal difficulties (relationships, family, career, self-related concerns, coping with difficult life periods, etc..)
- Work/life balance (adaptation to studying/working and its demands, stress, overload, problems within a group or with teachers/students)

Faculty of Science

Location: Albertov 6, 3th floor, room 329

E-mail: psycholog@natur.cuni.cz; RNDr. Eva Kočovská, Ph.D.

Phone: +420 739 104 518

Web: Psychological services

For whom? Students and staff of Faculty of Science

### **Provided services:**

Psychological service has been set up for both students and staff of Faculty of Science. This service offers individual
psychological counselling, psychotherapy and crisis intervention during difficult situations linked to studying and/or
private life.

• The consultations are tailored to the character of a person's particular problem(s); during the course of consultations, there is a possibility to concentrate on self-reflection and personal development, adaptation to change, managing of anxiety and/or other personal, psychological, and interpersonal problems/difficulties.

Faculty of Mathematics and Physics

Location: Dormitory of 17th November, builing A, Pátkova 3, Praha 8; Ground floor, room X016

Phone: (+420) 951 552 989

Email: veronika.jonakova@matfyz.cuni.cz or ko@karlin.mff.cuni.cz

Web: Student well being services

For whom? Students and staff of Faculty of Mathematics and Physics

See list of warning signals showing you might need professional help.

Faculty of Education

Location: Spálená 10, 116 39 Prague 1, room S213, 2nd floor

Email: poradna@pedf.cuni.cz

Web: Students with special needs; Infrormation for foreign students

Pro koho? Students from Charles University

Faculty of Social Sciences

Location: In-person sessions take place at Room C617, Jinonice

Email:annamarie.pospisilova@ruk.cuni.cz

Web: Psychological help

For whom? Students of Faculty of Social Sciences

#### Support is provided in these areas:

- · Family and relationships difficulties
- Difficulties with your study load (lack of motivation, concerns about coping-up with study requirements, attention disorders)
- Anxiety
- Depression
- Stress Management

Faculty of Physical Education and Sport **Location:** José Martího 31, 162 52 Praha 6

**For whom?** Students of Faculty of Physical Education and Sport **Web:** Students with special needs, psychological counselling

Faculty of Humanities

Location: Spálená 10, 116 39 Prague 1, room S213, 2nd. floor

Web: Support and Assistence for students and staff

For whom? Students of Charles University

• Students and employees of the Faculty of Humanities of Charles University can use the services of the <u>Academic Counselling Centre</u> at the Faculty of Education of Charles University, which provides psychological, special education, speech therapy and assistant counselling.