
Psychological Support Outside CU

Here you can find contact information for organizations that provide support to people in psychological distress or experiencing acute psychological crises. This support is essential for coping with situations that are highly stressful for individuals and may involve trauma, loss, acute anxiety, or other psychological burdens.

Phone crisis assistance

EU EMERGENCY CALL NUMBER 112

- Prepared to dispatch call in several languages
- For using in mobile networks even without a SIM card or with no credit
- Non - stop service, also free of charge

We recommend that you try to find crisis services in your home country and in your mother tongue, they often work online through chat.

Bílý kruh bezpečí

- provides crime victims and witnesses with professional, free of charge, confidential support including moral and emotional support
- **Phone: 116 006, 257 317 110 - Non - stop**
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- **Website:** <https://www.bkb.cz/en/>

Modrá linka

- **Website:** <https://www.modralinka.cz/english>
- **Email:** help@modralinka.cz; you will receive an answer within 72 hours

Crisis intervention facilities

Crisis intervention Centre, Bohnice psychiatric hospital

- **Immediate assistance 24/7 (no appointment needed).**
- A doctor who speaks English is always present, but the centre does not guarantee English-speaking services over the phone.
- **Phone:** +420 284 016 110
- **Address:** Ústavní 91, 181 02 Prague 8

General University hospital in Prague, Crisis intervention Centre

- **The best way to get help here is a personal visit during working hours. English speaking doctors are present. Nurses usually don't speak English.**
- **Address:** Ke Karlovu 11, Prague 2 (building D1, groundfloor)
- **Phone:** + 224 961 111 (information line)
- **E-mail:** ckp@vfn.cz

Diakonie SOS Centre

- **Address:** Varšavská 37, Prague 2
- Monday to Thursday, 9 a.m. to 8 p.m.; Friday from 9 am. to 5 p.m.
- **E-mail:** linka.duvery@diakonie.cz
- **English-speaking specialists are available but it's better to write an email before your visit.**
- **Website:** <https://praha.diakonie.cz/sos-centrum/>
- **Phone:** + 420 777 734 173 or + 420 222 514 040.

Mental health support websites and apps

App "Don't panic"

- Free psychological first aid, available in 11 languages
- Download [here](#) for Android
- Download [here](#) for Apple

My mental health guide

- Where to find help in crisis, how can you help yourself and [other sources](#)

EmotionAid

- First help for coping with stress, trauma [and negative emotion](#)

Additional psychological help

Self - Development platform "Kořeny"

- Team of young professionals
- Self - Development activities – coaching, psychological counselling, workshops and much more
- Services are free of charge
- **Website:** [Kořeny](#)