
I'm going through a difficult situation.

CU Point Psychological Counselling Service



Are you studying at Charles University and going through a difficult time?

At our psychological counselling service, you can talk openly and safely about whatever you're dealing with – whether it's related to your studies, work, or personal life.

We offer free in-person and online consultations.

[Learn more](#)

Need Help Right Away?

Contact one of the crisis support services available outside the university.

[List of Crisis Support Contacts](#)

Counselling Services at Faculties

You can also find support directly at the faculty where you study or work.

What I'm Dealing With Right Now...

Choose a common mental health topic that relates to you and find out where to get support and how to help yourself.

Common Topics

Additional Support Options

Join our courses focused on mental well-being, find understanding and connection in experiential groups and peer support meetings, or explore support offered by students training in helping professions.

Contact

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