

What to do when...

... you need help with mental health issues or coping with stress:

- Each of us can find ourselves in a challenging life situation. But we don't have to deal with our problems alone.
- You can find a therapist by yourself or use the services of FSV UK or Carolina Centre therapists.
- Our students have 5 sessions with the FSV UK therapist for free.

... you get into a difficult situation:

- Make use of the Carolina Centre, which supports all those who encounter health, psychological, socio-economic or other difficulties during their studies.
- You can use also the services of the Centre for the Care for the Soul.
- If your problems affect the fulfilment of your study obligations, contact the study department in time.

... you need an adjustment of study conditions due to your state of health:

- You can register as a student with special needs. Registration must be completed by Oct 31 of the given year.
- Based on the results of the functional diagnosis, you will then negotiate modifications with the lecturers.
- Our contact persons are here for you, don't be afraid to get in touch.

... you need immediate psychological help:

- Have you found yourself in a crisis you cannot deal with by yourself?
- Don't wait and contact one of the crisis centres. You can find the contacts for the selected centres on the other side of this leaflet.

... you are in a problematic situation at school:

- Address the situation primarily with the lecturer in question, guarantor and the department management.
- If the problem cannot be solved that way, contact the International Office. The higher authority is the Vice-dean for study affairs.
- You can also consult the student ombudsman for your institute.

... you are not sure how to keep up with study obligations:

- Write down the important deadlines - Academic Calendar is the crucial document (you can add it into your Google calendar).
- Try coaching from the Carolina Centre.
- Communicate with your lecturers and the International Office - a lot can be solved if you get in touch in time.



Important contacts

Our therapist

Mgr. Anna-Marie Pospíšilová

annamarie.pospisilova@ruk.cuni.cz

The sessions take place in the counselling centre at Školská 13a, Prague 1.



Crisis centres

Crisis Intervention Centre Bohnice (24/7)

Ústavní 91, Prague 8

Helpline: 284 016 666

Diaconia SOS Centre (9 am to 8 pm)

Varšavská 37, Prague 2

linka.duvery@diakonie.cz

Crisis Care Centre (8 am to 3 pm)

Ke Karlovu 11, Prague 2

Helpline: 605 851 658

ckp@vfn.cz



Contact for the students with special needs:

Mgr. Michael Podsedník

Phone: 222 112 239, room 219, Hollar

Lucie Pištěková, DiS.

Phone: 222 112 234, room 220, Hollar

specialni.potreby@fsv.cuni.cz

We recommend arranging the meeting via email beforehand.



Centrum Carolina

centrumcarolina@cuni.cz

Students with special needs: 224 491 604

CU Point - study questions: 224 491 850

Counselling in English: counsel@ruk.cuni.cz

Spiritual support:

bit.ly/CareFortheSoul

Coaching:

bit.ly/CarolinaCoaching



Student ombudsmen FSV UK:

IES: ombudsman.ies@fsv.cuni.cz

IKSŽ: ombudsman.iksz@fsv.cuni.cz

IMS: ombudsman.ims@fsv.cuni.cz

IPS: ombudsman.ips@fsv.cuni.cz

ISS: ombudsman.iss@fsv.cuni.cz



Video guide on how to add FSV UK calendars to your Google calendar:

