

PSYCHOLOGICAL HELP & CRISIS INTERVENTION

PSYCHOLOGICAL ASSISTANCE AT CHARLES UNIVERSITY - FREE OF CHARGE:

MORE INFORMATION: <https://fsv.cuni.cz/en/study/psychological-help>

ADDRESS: [Carolina Centre at the Rectorate's UK Point](#)

CONTACT: English registration system will be functional starting October

CRISIS INTERVENTION OUTSIDE CHARLES UNIVERSITY - FREE OF CHARGE:

CRISIS INTERVENTION CENTRE, BOHNICE PSYCHIATRIC HOSPITAL

SERVICES: immediate assistance 24/7 (no appointment needed). An English-speaking doctor is always present, English-speaking services over the phone not guaranteed

ADDRESS: Ústavní 91, 181 02 Prague 8

CONTACT: crisis intervention (+420) 284 016 110, helpline 284 016 666

DIACONIA SOS CENTRE

SERVICES: crisis intervention, social counselling, pastoral counselling, social therapeutic activities

AVAILABILITY: any working day between 9 am and 8 pm without prior appointment.

ADDRESS: Varšavská 37, Prague 2; <https://www.soscentrum.cz/en/>

CONTACT: e-mail: linka.duvery@diakonie.cz (in English). Phone (+420) 222 514 040, 777 734 173 or 608 004 444 (via phone only in Czech).

PRAŽSKÁ LINKA DŮVĚRY (PRAGUE HELPLINE)

SERVICES: Telephone and online crisis assistance; anonymous

CONTACT: +420 222 580 697, linka-duvery@csspraha.cz, or chat-pomoc.cz

AVAILABILITY: telephone – 24/7, chat - Mon-Thu 9 am to 9 pm, Fri 9 am to 3 pm, Sat 2 to 8 pm

NOTES: chat quota is 90 minutes per person a day, conversations are deleted afterwards

FOKUS PRAHA, CRISIS INTERVENTION

ADDRESS: Štěpánská 538/11, 120 00 Praha 2; www.fokus-praha.cz

CONTACT: +420 777 800 983, email: krize@fokus-praha.cz

AVAILABILITY: In person every working day from 8am to 6 pm; ON CHAT every working day from 10am to 12 am and 2 to 4 pm

SELECTION OF PAID, PRIVATE THERAPISTS FOR REGULAR PSYCHOTHERAPY:

- <https://centrum-lavka.cz/therapie-auf-deutsch> (800 CZK for 50 minutes)
- <https://centrum-lavka.cz/psychotherapy-prague-english>
- <https://www.psyinternational.eu/welcome/> (English, French and German) (1000 CZK for 45 minutes)
- <https://www.counselor.cz/> (English, Russian)
- <https://psycholog-praha.cz/counseling-and-psychotherapy-prague> (1500 CZK for 50 minutes, English and French)