

Assistance in crisis and useful contacts



Are you in a difficult situation and would you appreciate professional psychological support?

The Academic Psychological Counselling (APC) is a **free service** of the **Academic Centre** at VŠE. See their current availability **here**.

The Blue Line (Modrá linka)

Help in crisis

- Offers email consulting in English
Write to **help@modralinka.cz** - answer within 72 hour limit

Prague Centre for Social Services

24/7 Helpline

Information about other sources

Crisis 24/7 Helpline: **+420 284 016 666**

Don't Panic!

App for first aid in psychological problems

- Modules for depression, anxiety/panic, self-harm, etc...
Contacts for expert help

My Mental Health Guide

Project by the National Institute of Mental Health

Offers various selfcare tips

Provides information and diagnostic tests