

PL/ENG

STUDENCKI OŚRODEK WSPARCIA I ADAPTACJI UJ



we współpracy ze Szpitalem
Uniwersyteckim w Krakowie

STUDENT CENTRE FOR SUPPORT AND ADAPTATION SOWA

in collaboration with the University Hospital in Kraków

**INTERWENCJA W KRYZYSACH
PSYCHICZNYCH**
PSYCHOLOGICAL CRISIS INTERVENTION

WSPARCIE W ADAPTACJI
SUPPORT IN ADAPTATION

**PROMOCJA ZDROWIA
I EDUKACJA PROZDROWOTNA**
PROMOTION OF HEALTHY LIFESTYLE AND
HEALTH EDUCATION

**POMOC W POSZUKIWANIU
OPIEKI PSYCHIATRYCZNEJ
I PSYCHOTERAPEUTYCZNEJ**
ACCESS TO PSYCHOLOGICAL
AND PSYCHIATRIC CARE

Sekretariat / Office, tel.: 12 663 36 83

www.sowa.uj.edu.pl

e-mail: sowa@uj.edu.pl

adres / address: ul. Kopernika 27, 31-501 Kraków





| WHEN SHOULD YOU CONTACT US? |

You should contact us if you've found yourself in a situation you feel you can't resolve yourself. If you're suffering – come or give us a call. We won't be able to replace a psychiatrist or therapist, but we can help you decide if you need that kind of assistance. We're familiar with issues that may trouble young people studying at the Jagiellonian University. You won't have to wait in line to get help. Should the need arise, we'll be able to aid you in arranging a meeting with a mental health professional.



| ARRANGE A MEETING OR CALL US IF: |

- ! you're frequently in a bad mood;
- ! you have trouble sleeping;
- ! you've lost your appetite or you're losing too much weight;
- ! you cry for seemingly no reason;
- ! you're too distressed to attend or participate in classes;
- ! you find it difficult to focus and learn;
- ! you feel like studying has become meaningless;
- ! you find it difficult to expect positive outcomes in everyday life;
- ! you find no meaning in your life;
- ! you think about suicide or have attempted it;
- ! you have a serious problem that makes it difficult to attend classes;
- ! you are prone to using drugs or alcohol to help you through the day;
- ! you have experienced something traumatic.



WHO SHOULD CONTACT US?

The Student Centre for Support and Adaptation SOWA provides assistance to both full-time and part-time students as well as PhD candidates of the Jagiellonian University. Our services are available in Polish and English.



HOW TO GET HELP?

Our experts are working from **Monday to Friday from 8.00 a.m. to 6.00 p.m. and on Saturdays from 9.00 a.m. to 2.00 p.m.** All contact information is available on our website: www.sowa.uj.edu.pl

Our office is open from Monday to Friday between 8.00 a.m. and 3.00 p.m. Our telephone number is **+48 12 663 36 83**



WHO WORKS AT SOWA?

SOWA employs experienced professionals specialising in crisis intervention. Most of our staff is made up of experts from outside of the Jagiellonian University. You won't meet them during classes or lectures.



HOW CAN WE HELP YOU?

We offer a series of crisis intervention meetings. Should you need it, we can also organise further psychological assistance. We're not providing treatment, instead focusing on resolving the most pressing issues.



DO WE INFORM THE JAGIELLONIAN UNIVERSITY ABOUT OUR MEETINGS?

We're subject to similar rules that govern health care privacy. We're not allowed to disclose any information about the people who ask for our help. Every month, we inform the Jagiellonian University about the number of calls we received and the intervention meetings we organised. If you call us, we're only going to ask your name and whether you are a student of our University. If you attend an individual or group meeting, you need to provide your first and last name as well as student ID card number to prove you're studying at the Jagiellonian University.

