



PSYCHOLOGICAL AND COUNSELLING SERVICES



PUMS's English-speaking program students are entitled to 15 free counselling sessions (in total) with a psychotherapist. Find out more details on the PUMS website, via the QR code, or feel free to contact us directly!

Don't know which CODE to contact? Use the following form to find out!



Distress scale

Our Psychologists

Code Red

8-10 on the distress scale

Examples of a red crises:
Suicidal Ideations
Psychosis
Traumatic Event

Call an ambulance: 112 & text code RED with your name to Dr. Nadia Kruszyńska (emergencies only)

Code Yellow

6 - 8 on the scale

Examples of code yellow situations:
Feeling overwhelmed, having panic attacks
Depression
Substance-related issues
Mourning, relationship crises

Contact the psychologists working for PUMS directly via email or text.*

Code Blue

< 6 on the distress scale

Examples of code blue situations:
Problems with adaptation
Social problems
Couples therapy
Learning difficulties/disabilities (Dr. Kruszyńska)

Contact the psychologists working for PUMS directly via email or text.*

***If you are unsure whom to contact feel free to write to the Student Liaisons or arrange a meeting with Kata Dorottya Pál, our first-hand support counsellor.**

* Keep in mind that until you get an appointment with a psychotherapist you are **entitled to use free low-intensity support** outside of the 15 free psychotherapy sessions.



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EMERGENCIES



Kata Dorottya Pál

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LOW-INTENSITY SUPPORT

Student Liaisons

Here to answer any questions you might have about the counseling services



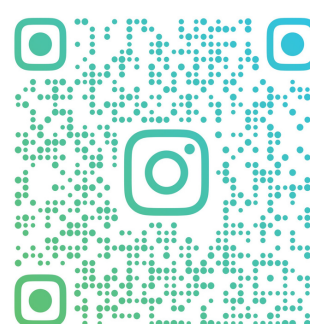
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Kareem Abu-amara
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Instagram:
caps.pums

English-speaking psychiatrist: Dr. Marcin Górnica, M.D., Ph.D.
+48 697 523 730 - **Call or text for an appointment, including name and PUMS student status.** Psychiatrist visits are often not covered by insurance and incur out-of-pocket expenses.