

# Contacts for psychological and other medical support outside FZP CZU

## PSYCHOLOGICAL SUPPORT IN CRISIS SITUATIONS

### **MyMentalHealth.Guide**

This website was developed by the National Institute of Mental Health of the Czech Republic and provides useful contacts and advice where to find help and other useful resources.

Website: [Help — MyMentalHealth.guide](#)

### **Crisis Intervention Centre, Bohnice Psychiatric Hospital**

This centre offers immediate psychiatric and psychological assistance 24/7, no prior appointment needed. An English-speaking doctor practices at this centre, and there is the possibility of English-speaking telephone service upon prior notice.

Address: Ústavní 91, 181 02 Prague 8

Tel.: +420 284 016 110 (nonstop), +420 284 016 666 Website: <https://www.bohnice.cz/krizova-pomoc/>

### **Crisis Intervention Centre, General University Hospital**

The centre provides psychiatric, psychological and therapeutic assistance in stabilizing the crisis in a safe and supportive environment.

Address: Ke Karlovu 11, 128 08 Prague 2 (building D1, ground floor)

Tel.: +420 605 851 658 ((from 8 a.m. to 3 p.m.) Email: [ckp@vfn.cz](mailto:ckp@vfn.cz)

Website: [Specializovaná centra – Psychiatrická klinika – Všeobecná fakultní nemocnice v Praze \(vfn.cz\)](#)

### **Crisis Centre RIAPS**

A health care facility providing complex patient care for difficult, psychic health threatening life situations. The center's team is a combination of psychologists, psychiatrists, nurses and social workers, helping clients resolve their problems actively.

Tel.: +420 222 586 768 Website: <https://www.csspraha.cz/eng>

### **Prague Helpline**

A telephone service for nonstop crisis assistance and basic counselling. It is also possible to receive assistance through email or online chat.

Tel.: +420 222 580 697 (nonstop) Chat: [Chat Pražské linky důvěry \(chat-pomoc.cz\)](#)

### **Blue Line**

Help in crisis via email communication

Tel.: +420 608 902 410 Email: [help@modralinka.cz](mailto:help@modralinka.cz)

### **FOKUS Praha**

Provides counselling services for adults experiencing mental health problems, mostly with psychotic symptoms.

Tel.: +420 233 553 303 Website: <https://fokus-cr.cz/index.php/en/contact>

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## ADDICTIONS

### **SANANIM (drug abuse)**

Tel.: +420 602 666 415 (Mon - Fri 9 a.m.- 1 p.m.) Website: <https://www.sananim.cz/o-nas/english-info/>

### **CLINIC OF ADDICTOLOGY, GENERAL UNIVERSITY HOSPITAL IN PRAGUE**

Website: <https://www.vfn.cz/en/pacienti/kliniky-ustavy/klinika-adiktologie/informace-pro-pacienty/#m>

### **ALCOHOLICS ANONYMOUS**

<https://www.anonymnialkoholici.cz/meetings-in-english/>

## DOMESTIC VIOLENCE

### **BKB (member of Victim Support Europe)**

This victim support service combines standard professional counselling, specialized services (psychotherapy, process acts accompaniment, court hearing preparation, financial issues, physiotherapy) and non-standard situations (injured victim visitation, cross-border assistance, etc.).

Address: U Trojice 2, 150 00 Praha 5, tel.: 116 006 (nonstop)

Mon – Thu: 5 a.m. – 8 p.m., Fri 9 a.m. – 1 p.m. (Friday by appointment only)

Email: [bkb.praha@bkb.cz](mailto:bkb.praha@bkb.cz) Website: <https://www.bkb.cz/en/victim-support/>

### **INTERVENTION CENTRE FOR PEOPLE UNDER THREAT OF DOMESTIC VIOLENCE**

Their service is intended for persons at risk of domestic violence after expulsion from shared household as well as for persons subjected to domestic violence in absence of expulsion.

Address: Chelčického 39, 130 00 Prague 3

Tel.: +420 281 911 883, +420 222 586 768

Email.: [icpraha@csspraha.cz](mailto:icpraha@csspraha.cz) Website: <https://www.csspraha.cz/eng>

### **ROSA (help for women who are victims of domestic violence)**

English speaking services available upon prior agreement. Online chat available.

Tel.: SOS helpline 800 60 50 80 (free of charge)

Email: [info@rosacentrum.cz](mailto:info@rosacentrum.cz) Website: <https://www.rosacentrum.cz/about-us/>

### **ACORUS**

Their mission is to help people suffering from domestic violence and facilitate their integration back into normal life. Online chat available.

Tel.: +420 283 892 772 (nonstop)

Email: [info@acorus.cz](mailto:info@acorus.cz) Website: <http://www.acorus.cz/cz/english.html>

## EATING DISORDERS

### **Linka Anabell**

Tel.: +420 774 467 293 (Mon - Fri 10 a.m. - 4 p.m.)

E-mail: [iporadna@anabell.cz](mailto:iporadna@anabell.cz)

Website: <http://www.anabell.cz> (website is in Czech only, but they offer support in English)

[www.instagram.com/anabell\\_cz](https://www.instagram.com/anabell_cz)

### **E-clinic**

Non-profit organization focused on prevention and treatment of eating disorders

Tel.: +420 775 715 478 Email: [info@ecinstitut.cz](mailto:info@ecinstitut.cz)

Website: <https://ecinstitut.cz/> (website is in Czech only, but they offer support in English)

## WOMEN (counselling, shelters)

### **Caritas of the Archdiocese of Prague**

Social counselling, shelters for mothers and children

<https://praha.charita.cz/en/social-services/families-in-need/>

### **Centre for Integration of Foreigners**

Social counselling, consultation on health insurance and medical care, family matters

<https://www.cicops.cz/en/social-counselling/14-infoservis/marriage-childbirth-family/30-woman-foreigner-having-a-child>

## MEDICAL SERVICES

**General emergency contact: 112** (Integrated Rescue System)

### **HOSPITALS**

#### **Motol University Hospital**

Address: U Úvalu 84, Prague 5

Tel.: +420 224 431 111 (switchboard)

Foreigners Department tel.: +420 224 433 682

Email: [ops@fnmotol.cz](mailto:ops@fnmotol.cz)

Website: <https://www.fnmotol.cz/en/self-paying-furnace-department/contacts/>

#### **Military University Hospital**

Address: U Vojenské Nemocnice 1200, Prague 6

Tel.: +420 973 208 333

Email: [info@uvn.cz](mailto:info@uvn.cz) Website: <https://www.uvn.cz/en/>

#### **General University Hospital in Prague**

Address: U Nemocnice 499/2, 128 08 Prague 2

Tel.: +420 224 961 111 (switchboard)

Email: [vfn@vfn.cz](mailto:vfn@vfn.cz) Website: <https://www.vfn.cz/en/#m>

## OTHER HEALTH ISSUES

### **Czech AIDS Help Society**

Tel.: 800 800 980 (free of charge)

Website: <https://www.aids-pomoc.cz/information-in-english.html>

### **National Institute for Mental Health**

<https://www.nudz.cz/en/>

### **App Nepanikař (Do not panic!)**

Free app for psychological support available in many languages

<https://nepanikar.eu/aplikace-nepanikar/>