



STUDENT CENTRE FOR SUPPORT AND ADAPTATION UJ





What is SOWA?

Student Centre for Support and Adaptation (SOWA) is a project directed towards **the entire community** of the **Jagiellonian University**.

We offer help and support with **the most urgent problems and current emotional crises**.

Our service is free of charge.



Who can seek help at SOWA?

The core of our work is **individual support for all students** in bachelor's and master's programmes, including those visiting us through a student exchange.

For the employees of our university and PhD students, we offer support both in case of a personal crisis (the Consultation Unit) and in case of issues regarding students under their care (Mental health promotion & support team).



SOWA offers:



crisis intervention in a case of psychological crisis



support in the adaptation process



mental health promotion and education



information on how and where to seek psychiatric care or psychotherapy



How can you get help at SOWA



Our centre is located at 27 Kopernika Street. We offer consultations in person and on-line (MS Teams).

If you want to sign up for a consultation, you should fill out the registration form on our website: https://sowa.uj.edu.pl/en_GB/english and wait for an email from us.

Students can sign up for a consultation on Mondays, Tuesdays, Thursdays and Fridays between 8.00 and 16.00.

Employees and PhD students can sign up for consultations on Thursdays (8.00-16.00) and Fridays (10.00-18.00).

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The consultations for students and employees are held in separate buildings.



What does our help look like?

- We do not offer help in the form of psychotherapy. We are focused on short-term help in a crisis.
- It may mean one meeting or (if needed) several of them - depending on the situation.
- If your psychologist decides a consultation with a psychiatrist may be needed, you could be offered one, but it's not guaranteed.
- We are working under the code of ethics and are bound by the principle of confidentiality.



When should you contact SOWA?

- You are going through a personal crisis.
- You are having doubts about your future.
- You feel isolated.
- Your relationship is going through a crisis or has recently ended.
- You have lost a closed one recently.
- There is something happening in your life that you can't cope with on your own.
- You feel so bad that it's hard for you to attend classes or fulfill your other obligations.



When should you contact SOWA?

- You use drugs or alcohol to calm yourself down or to feel better.
- Something traumatic has happened to you and you don't know how to deal with it.
- You feel like your life lost its meaning.
- You don't believe anything good can happen to you.
- You can't shake off your bad mood.
- You find yourself crying without any reason you can pinpoint.
- You're experiencing suicidal thoughts, or you had attempted to kill yourself.
- You have problems with sleep or appetite.



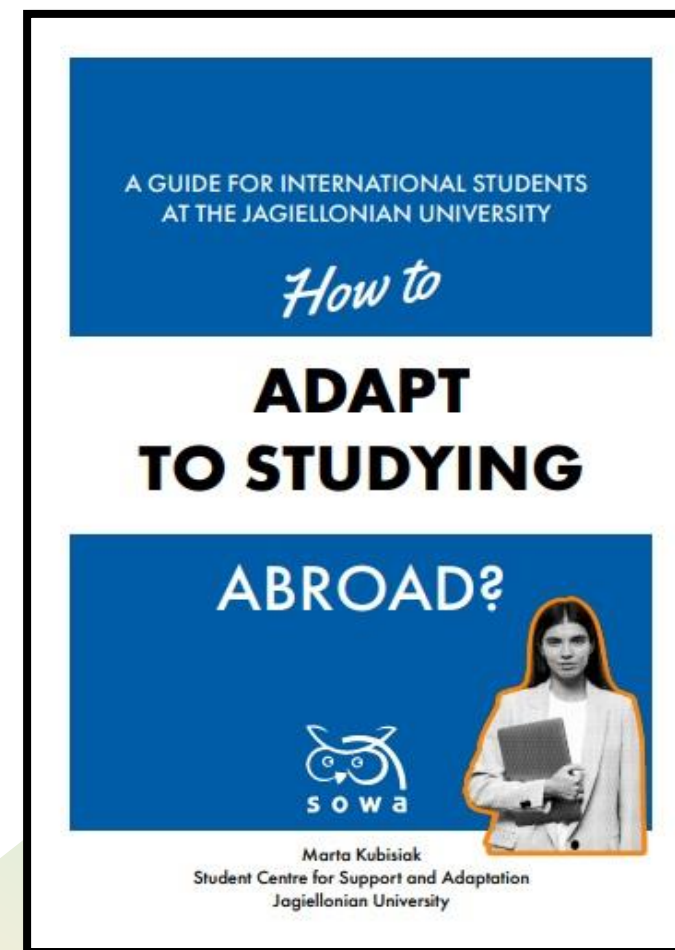
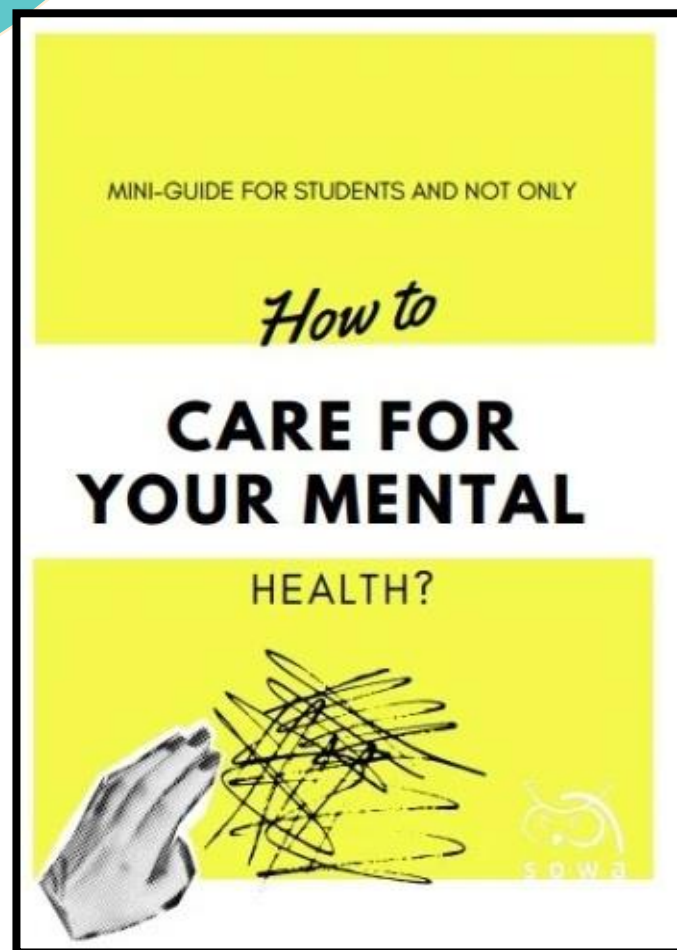
What we DON'T do:

- We don't conduct psychological tests.
- We don't draft psychological opinions.
- We don't make psychological diagnosis.
- We don't issue sick leave notes.
- We don't conduct long-term psychotherapy.
- We don't offer support regarding technical/procedural issues like financial support, visa requirements etc.
- We don't provide information about other students.
- We don't schedule appointments with specialists outside of SOWA.

Please note that we cannot guarantee that the consultations in our centre will offer relief right away – problems are often multi-faceted and need careful consideration and time.



Our e-book guides

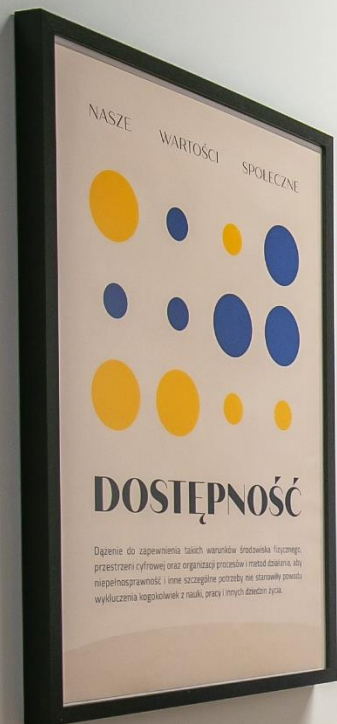




SOWA

in pictures









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https://sowa.uj.edu.pl/en_GB/english
<https://www.facebook.com/SowaUj>
https://www.instagram.com/sowa_uj/

Our office is open Monday-Friday
From 8:30 to 15:00
Tel. 12 663 36 83