

How does the first consultation look like?

In our contact form, we ask for your full name, contact information, and student's ID number. We also require signing the consent forms, including one regarding processing your personal data.

The first consultation lasts aprox. 45 minutes.

A specialist asks about the reason for contacting us, your general situation and mental state, as well as other information they think are important. Then, we go over the most adequate forms of support and possible goals for the consultations together.

To set up an appointment, please fill out and send us the contact form. You can find it on our website:
www.sowa.uj.edu.pl/english



We work in Polish and English.

sowa.uj.edu.pl

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Are you experiencing a crisis or emotional distress?



Who are we?



Student Centre for Support and Adaptation – SOWA

is a place where every Jagiellonian University's student can get free psychological support.

Our team includes specialists in psychology, psychotherapy and crisis intervention.

CONTACT INFORMATION

SOWA UJ

27 Kopernika Street
Kraków 31-501

THE OFFICE

(+48) 12 663 36 83

What do we offer?

Consultations at **SOWA** are adjusted to students' needs
- sometimes it takes one meeting, sometimes a series of them.

We offer different kinds of short-term help:

- psychological support
- crisis intervention
- health promotion and education
- 1-on-1 consultations

While a student stays in contact with a psychologist at SOWA, there is a possibility of scheduling a psychiatrist appointment, if it's needed.

Our help is **free** for everyone studying at the Jagiellonian University, regardless of the type of studies.

Our standards

In our work, we conduct ourselves with high ethical standards. We are bound to similar rules of professional secrecy like the ones existing in the healthcare facilities.

We have **rules about confidentiality and impartiality** – we don't share information about people who seek our help.

To ensure the best quality of our work, our team has monthly supervision.

