



STUDENT CENTRE FOR SUPPORT AND ADAPTATION UJ





Who can seek help at SOWA?

Student Centre for Support and Adaptation (SOWA) is a project directed towards **full-time and extramural students** of the **Jagiellonian University**.

While we do not provide psychotherapy nor long-term treatment, we offer support with dealing with **the current, most urgent problems**.

Our service is free of charge.



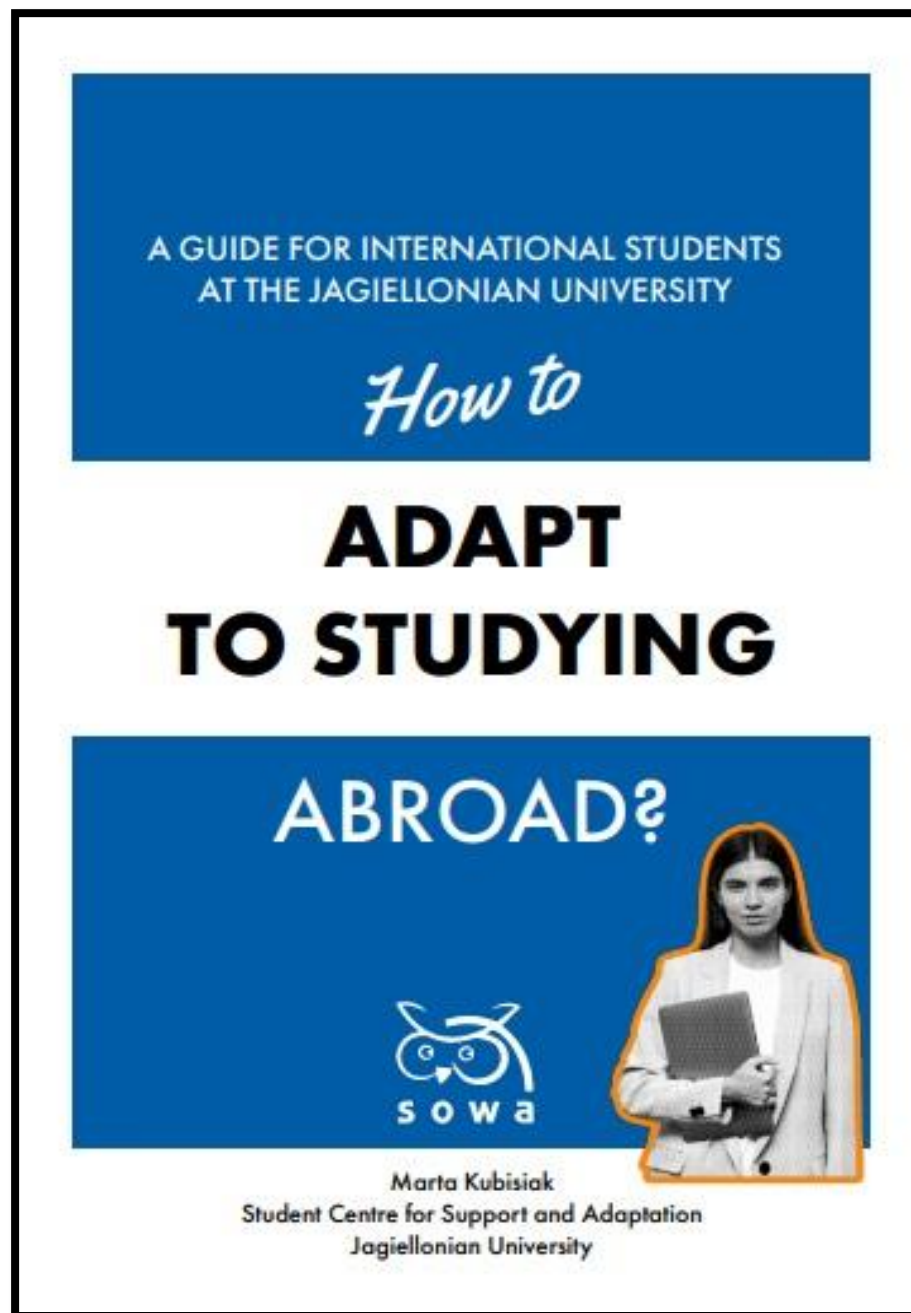
It's going to be weird. It's going to be chaotic. It's going to be uncomfortable at times.

But that's just a part of it—not all of it.

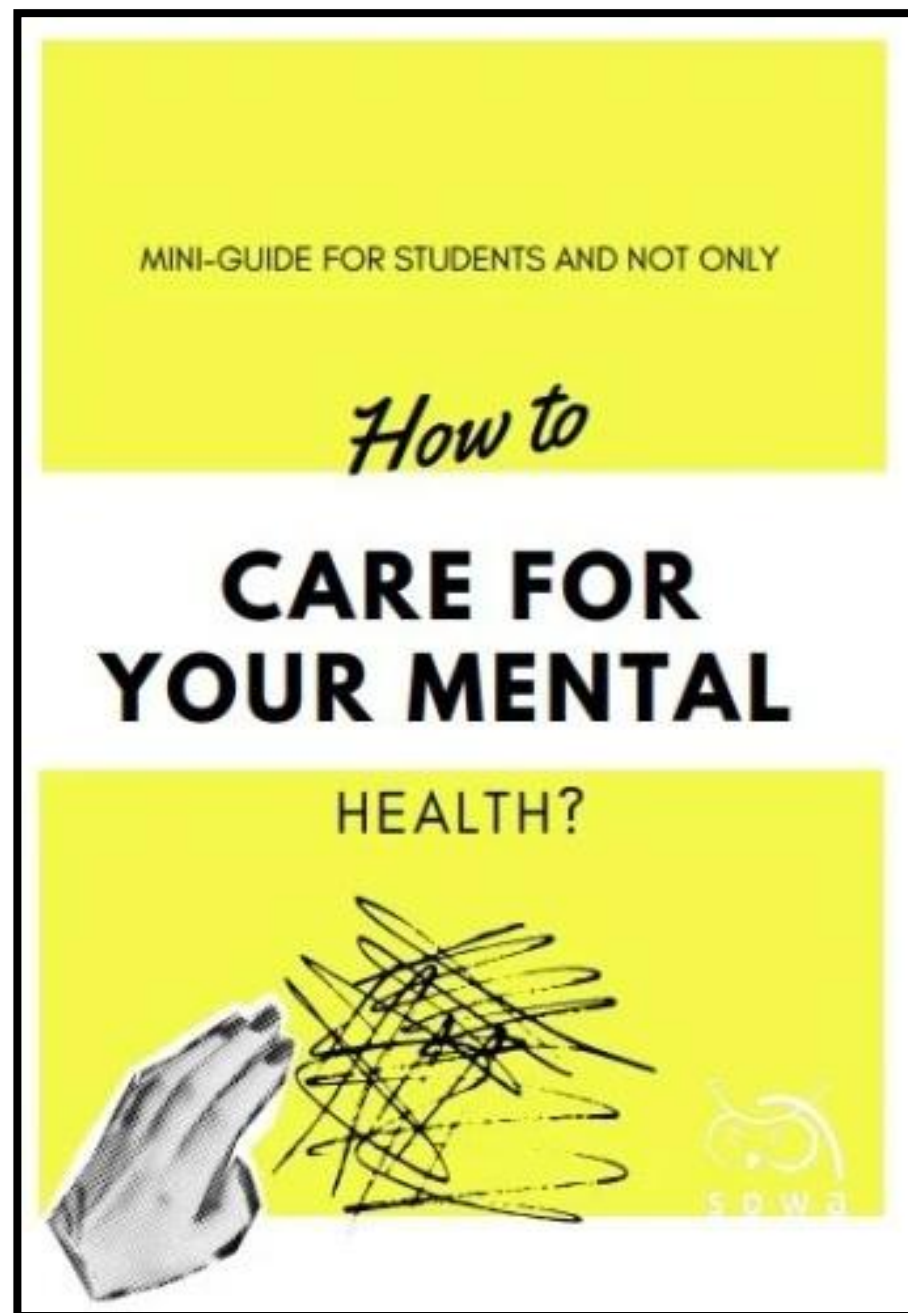
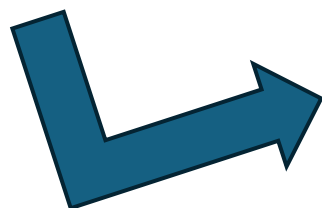
And you *can* minimize some of the issues.



Our new guide for international students



**Our general
guide for all
students**





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 St.

We work Monday-Friday 8:00-16:00

However, we don't offer consultations on Wednesday – this is our internal day.

Currently we offer help in person or on-line (through MS Teams).

If you want to set up a meeting, we kindly ask you to fill out our registration form.

You can find it on our website:
https://sowa.uj.edu.pl/en_GB/english





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.



Who works at SOWA?

Our staff consists of experienced psychologists, psychotherapists and crisis intervention specialists.

We are not a part of the faculty - you won't see us at your classes or lectures.



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.

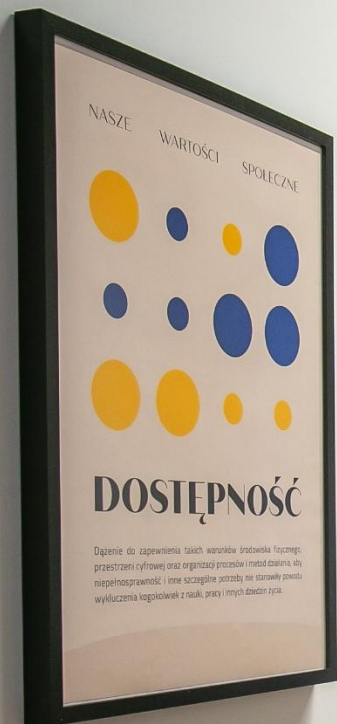
Please note that we cannot guarantee that the consultations in our centre will offer relief right away – problems are often multi-faceted and need careful consideration and time.



SOWA

in pictures









Student Centre for Support and Adaptation
27 Kopernika Street
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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

