

Support for Students in Difficult Situations

As a student of the Faculty of Arts, you are a member of our community. The faculty provides you with a wide choice of self-development options and is prepared to give you a helping hand whenever you should need it. If any student finds themselves in need, under pressure, or becomes a victim of a crime, CU FA has a range of mechanisms and professionals in various fields at its disposal.



Below, you may find a complete overview of the services provided both by our faculty and Charles University

Mental Health Support

Centre Carolina services are available to students for crisis intervention and psychological assistance:

- psychological counselling
- spiritual support

You may also use external services:

- ProFem – for sexual violence victims
- Bílý kruh bezpečí for crime victims

Legal Counselling

If you have encountered a problem that needs to be resolved by legal means, you may contact the centre for legal counselling.

Coaching

Studying at university is a challenge. It is necessary to develop the ability to learn, organise your studies, and balance study obligations with personal and work life. Do not hesitate and contact the university coach.

Mindfulness Course

The university offers an introductory mindfulness course. Mindfulness is the skill of experiencing the present moment and noticing what is happening around us and within us without

judgment.

You may find all counselling centres and services of the Carolina Centre [here](#).

If you encounter any inappropriate behaviour, let us know. The faculty has created a reporting platform for suggestions and complaints FaceUp (Nenech to být). If you need assistance or mediation of a problematic student-employee or student-student relations, do not hesitate to use the services of our Ombuds Office:

FaceUp:

Reporting platform



Ombuds Office

