

## Rules of psychological support at the Support and Accessibility Centre of the University of Lodz

### GENERAL INFORMATION

#### Our activities in the field of consultation and psychological support include:

- creating opportunities to quickly react to psychological difficulties,
- providing psychoeducation and preventing mental health problems (including difficulties in coping with stress or behavioural, relational, communication and motivational difficulties),
- offering support options, indicating further job opportunities or recommending treatment outside the Support and Accessibility Centre of the University of Lodz,
- strengthening students / doctoral students resources and supporting them in their development,
- providing psychological support to international students and doctoral students:
  - Consulting psychologist in English

#### OUR ACTIVITIES DO NOT INCLUDE:

- ▶ providing psychotherapy and psychiatric treatment

Psychologists at the UL Support and Accessibility Centre support students and doctoral students in their current situation. If the difficulties are related to a deeper mental disorder, a long treatment process is often required. Psychologists can indicate facilities where such treatment is provided. The student decides whether they want to start the treatment. If the psychologist deems it appropriate, they will recommend that the student / doctoral student also consults a psychiatrist. An

appointment with a doctor cooperating with the University of Lodz will be possible.

- ▶ providing emergency assistance in sudden and severe crises that threaten health or/and life

If a student or doctoral student needs emergency assistance in situations that threaten health and/or life, it should be reported to the relevant institution (e.g. Crisis Intervention Centre in Lodz, Niciarniana 41, phone number: (+48 42) 630 11 02, emergency number - 112, emergency room, e.g. Central Clinical Hospital of the Medical University in Lodz, Czechostowacka 8/10; Józef Babiński Hospital of the Specialist Psychiatric Healthcare Centre in Lodz, Aleksandrowska 159 in Lodz).

- ▶ conducting specialised psychological diagnostics

Diagnosis of specific disorders (including ADHD, autism spectrum), diagnosis related to the psychology of human sexuality, detailed personality diagnosis, level of intellectual development, etc. require specific tools and specialisations.

## Rules for using consultations and psychological support

- Support is provided to students and doctoral students of the University of Lodz. the support is free.
- Consultation / psychological support takes place at the request of the student / doctoral student. In order to get support, you should complete the registration form and application for support available on the website [SUPPORT AND ACCESSIBILITY CENTRE at www.uni.lodz.pl](http://www.uni.lodz.pl) in the tab Registration forms and applications for support. They can be filled in at the Support and Accessibility Centre (Pomorska 152) or sent to the following address: [cwid@uni.lodz.pl](mailto:cwid@uni.lodz.pl)
- An appointment with a psychologist should be made in advance: via e-mail. ([cwid@uni.lodz.pl](mailto:cwid@uni.lodz.pl)), in person (Pomorska 152, Lodz) or by phone, number: (+48) 42 665 51 65, (+48) 42 235 01 80).
- A meeting with a psychologist takes place directly at the UL Support and Accessibility Centre at the address provided by the psychologist, online

(MsTeams), or by phone.

- Psychological support includes a consultation (30 to 50 minutes).
- The offered support is short-term - one person may attend a maximum of 16 meetings in an academic year (8 meetings per semester).
- The student has the right to cancel the scheduled appointment up to 24 hours before its date in the manner agreed upon with the psychologist. If they fail to do so or forget to cancel the appointment, the scheduled consultation is included in the overall limit of the number of consultations / psychological support despite the student / doctoral student's absence.

## CONFIDENTIALITY RULE

All conversations and consultations are covered by the principle of professional secrecy and are conducted on a strictly confidential basis ([Code of Professional and Ethical Psychologist, point 11.2.b.](#))- People using the services of the UL Support and Accessibility Centre can count on complete discretion. An exemption from the principle of professional secrecy may occur when a person, using support as part of the Support and Accessibility Centre activity, reports suicidal intentions and a quick intervention in cooperation with the public health services is necessary.

## Other activities in the area of preventing mental health problems:

The Support and Accessibility Centre of the University of Lodz conducts activities supporting mental health, including:

- psychoeducational workshops (e.g. methods of effective learning, time management, coping with stress, difficult emotions, thoughts, mindfulness and concentration, mental resilience),
- relaxation,
- film therapy,
- support groups.

More information may be found at website [Support And Accessibility Centre](#) in the Mental Health tab.