

## **Practical info about psychotherapy**

There are two paths through which you can obtain assistance in the form of psychotherapy: the first path is through the University, the second path by privately seeking a psychotherapist.

The University offers a limited number of free consultations with a psychologist or a psychiatrist. The purpose of the consultations is to determine what further assistance is appropriate, and then to find further therapy. Further therapy typically is also free of charge if you have health insurance. The consultations with the University psychologist and psychiatrist are offered both in English and in Polish. The Bureau providing these consultations will also help with finding further therapy, also in English.

In order to make an appointment with the psychologist or psychotherapist please mail to [bon@uw.edu.pl](mailto:bon@uw.edu.pl) or call +48 22 55 24 221 or +48 22 55 20 277. Typically an appointment can be set within one or two weeks. In case you feel you need immediate help, you will be able to see the psychologist or psychiatrist as soon as possible.

Alternatively you can seek psychological help privately. Prices for psychotherapy are typically around 125zł per hour. Please contact Aleksandra Lindenberg by email to obtain more info on how to look for a private therapist.