

University Counselling Centre of CZU

External Mental Health Resources: Counselling, Psychotherapy, and Psychiatry Services

Psychological Counselling and Psychotherapy:

Most of the contacts are not free of charge as they speak English, please check with each therapist for their rates.

Czech Association for Psychotherapy (list of certified therapists)

- <https://czap.cz/Foreign-therapists>

Therapeutic Center Modré dveře, z.ú

- <https://www.modredvere.cz/en/>

Psychotherapy Centre Lávka

- <https://centrum-lavka.cz/psychotherapy-prague-english>

Hedepy (online therapy)

- <https://hedepy.com/>

Terap.io (online therapy)

- <https://terap.io/>

InBaze- free of charge therapy in several languages

- <https://inbaze.cz/en/psychological-counseling-for-adults/>

Psychiatry:

Aditea

- <https://aditea.cz/nabidka-sluzeb/psychiatrie/>

National Institute of Mental Health

- <https://www.nudz.cz/en/>

FOKUS Praha

- <https://fokus-cr.cz/index.php/en/contact>

INEP

- <https://inep55.wixsite.com/inep-en/psychiatri>

Centrum psychiatrie

- <https://centrumpsychiatrie.cz/en-2/>

Psychiatrie Praha

- <https://psychiatrie-praha.cz/en-2/>

In case of an (emergency) acute crisis situation, call the emergency number 112.