

External Mental Health Resources

Crisis Intervention

Krizové centrum RIAPS (RIAPS Crisis Centre)

- **Location:** Chelčického 39, Praha 3, 130 00
- **Phone:** +420 222 586 768 (available 24/7)
- **E-mail:** riaps@csspraha.cz
- **Website:** <https://www.csspraha.cz/kc-riaps>
- **Services:** Crisis intervention and psychological support.

Psychiatrické nemocnice Bohnice (Psychiatric Hospital Bohnice)

- **Location:** Psychiatrická nemocnice Bohnice, Ústavní 91, Praha 8, 181 02
- **Phone:** + 420 284 016 110
- **Website:** bohnice.cz/krizova-pomoc
- **Services:** Psychiatric and psychological help for adults in acute distress – crisis situations in various areas of life.

FOKUS Praha

- **Phone:** +420 233 553 303
- **E-mail:** info@fokus-cr.cz
- **Website:** www.fokus-cr.cz
- **Services:** Offers psychiatric and psychological help in crisis situations, psychotherapy, as well as social and healthcare support in Mental Healthcare Centres.

Městská Nemocnice Ostrava (Ostrava City Hospital)

- **Phone:** +420 737 267 939
- **E-mail:** linka.duvery@mnof.cz
- **Website:** <https://www.mnof.cz/linka-duvery>
- **Services:** Offers English crisis intervention once a month, check their website for availability.

Nepanikař App

- **Services:** First aid for mental health issues – free to download, also offers online counselling:
<https://nepanikar.eu/>

In case of an (emergency) acute crisis situation, call the emergency number 112. For other types of crisis situations, various specialized crisis centres are available to provide support and assistance:

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.

Česká asociace pro psychoterapii (Czech Association for Psychotherapy)

- Website: <https://czap.cz/Foreign-therapists> – list of certified psychotherapists

Therapeutic Center Modré dveře

- Location: Praha Hostivař, K Horkám 23
- Phone: +420 725 830 830
- E-mail: modredvere@modredvere.cz
- Website: <http://www.modredvere.cz/cz/modre-dvere-praha>

Psychotherapy Centre Lávká

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

InBaze- free of charge therapy in several languages

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

Hedepy (online therapy)

- <https://hedepy.com/>

TERAP.IO (online therapy)

- Website: <https://terap.io/>

Better Help (online therapy)

- Website: <https://www.betterhelp.com/>

Psychiatry:

National Institute of Mental Health (NUDZ)

- Location: Topolová 748, 250 67 Klecany
- Outpatient care phone numbers:
 - +420 283 088 244
 - +420 283 088 139

- +420 283 088 161
- **E-mail:** ambulance@nudz.cz
- **Website:** www.nudz.cz

Aditea

- **Location:** Lublaňská 20/125 12000 Praha 2
- **Phone:** +420 608 331 242
- **E-mail:** info@aditea.cz
- **Services:** Centre for personal development, psychological and psychiatric care.

INEP

- **Location:** Křižíkova 264/22, Prague 8, 186 00
- **Phone:** 222 201 020
- **E-mail:** info@inep.cz
- **Website:** <https://inep55.wixsite.com/inep-en>
- **Services:** Psychological and psychiatric care.

Centrum Psychiatrie

- **Location:** Uzavřená 167/1 182 00, Praha 8
- **Phone:** +420 722 036 281
- **E-mail:** centrumpsychiatrie@gmail.com

Psychiatrie Praha

- **Location:** Lékařský dům Koulka, Ke Koulce 919/7, 150 00 Praha 5
- **Phone:** +420 602 628 619
- **E-mail:** info@psychiatrie-praha.cz