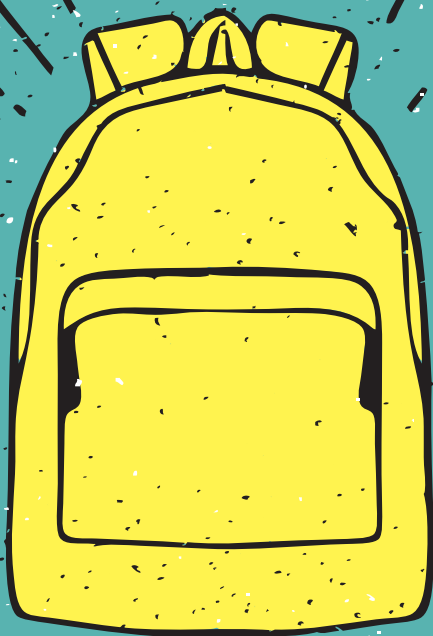


PACK YOUR PEACE OF MIND

ONLINE
PSYCHOLOGICAL
SUPPORT FOR
STUDENTS ON
INTERNATIONAL
EXCHANGE



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www.cpp.uw.edu.pl

ONLINE PSYCHOLOGICAL SUPPORT FOR STUDENTS ON INTERNATIONAL EXCHANGE

Being on an international exchange programme may be a wonderful experience but it may prove to be a challenge because of the new environment, new relationships and language barriers. If you feel that what was intended to be an adventure is slowly turning out to be an unpleasant experience and you feel overwhelmed, contact us to receive professional help – **we can talk via Zoom.**

- 1 Send us an email to: cpp@uw.edu.pl
- 2 Include your name, surname and telephone number in your email
- 3 You will receive an email with an appointment date, a form to fill in and a link to the meeting

All meetings will be scheduled on Fridays between 12:00 AM and 4:00 PM

ABOUT US:

Psychological Counselling Centre at UW offers support to UW community in mental health issues. We are a team of experienced psychologists, psychotherapists and psychiatrists. We conduct psychological consultations, individual short-term support, group psychotherapy, psychoeducational workshops and training for employees. We help people experiencing various difficulties, e.g. related to learning, relationships, low mood or anxiety.

More information on: www.cpp.uw.edu.pl