ARE YOU HAVING AN EMOTIONAL CRISIS?
CAN'T GET RID OF OBSESSIVE THOUGHTS?
FEELING OVERWHELMED WITH SORROW?
ARE YOU IN THE MIDDLE OF A HARD TIME IN YOUR LIFE?
DO YOU NEED TO TALK ABOUT SOMETHING PAINFUL?

FREE PSYCHOLOGICAL ASSISTANCE
for those who found themselves in a hard time in their lives:

ŁÓDŹ CRISIS INTERVENTION CENTER
phone: (42) 630 11 02
Mon-Fri 9:00-20:00

HELPLINE: 19 288
Mon-Fri 20:00-8:00
Sat, Sun and holidays - around the clock

HELPLINE FOR ADULTS: 116 123
Mon-Sun 14:00-22:00

THE ANTIDEPRESSION HELPLINE OF THE ITAKA FOUNDATION:
phone: (22) 484 88 01
Mon-Fri 15:00-22:00

DON'T WANT TO CALL?
Write us! porady@stopdepresji.pl

YOU CAN HELP YOURSELF

ABUSE

THE NATIONAL HELP CENTER FOR VICTIMS OF DOMESTIC ABUSE “NIEBIESKA LINIA” FOR VICTIMS AND WITNESSES
phone: 800 120 002
e-mail: niebieskalinia@niebieskalinia.info

THE WOMENS RIGHTS CENTER - ŁÓDŹ CHAPTER
phone (42) 633-34-11/ mobile: 736-608-493
Mon-Fri 9:00-17:00
e-mail: cpk_lodz@cpk.org.pl

INTERVENTION LINE WARSAW
mobile: 600 070 717 (around the clock)

THE HELPLINE AGAINST DOMESTIC ABUSE OF THE POLICE:
phone: 800 120 226
Mon-Fri 9:30-15:30

OTHERS

THE HELPLINE FOR PEOPLE IN GRIEF OF THE NAGLE SAMI FOUNDATION
phone: 800 108 108
Mon-Fri 14:00-20:00

HELPLINE FOR LGBT+ LAMBDA WARSZAWA
phone: 22 628 52 22
Mon-Fri 18:00-21:00

HELPLINE FOR HIV/AIDS POSITIVE PEOPLE:
phone: 801 888 448, 22 692 82 26
Mon-Fri – except public holidays – 9:00-21:00

ADDICTIONS

THE HELPLINE FOR BEHAVIORAL ADDICTIONS OF THE INSTITUTE OF MENTAL HEALTH PTP
phone: 801 889 880
open every day, also on weekends 17:00-22:00

THE NATIONAL HELPLINE FOR NARCOTICS-NATIONAL BUREAU AGAINST NARCOTICS
phone: 800 199 990
open every day 17:00-22:00

THE NATIONAL HELPLINE OF ALCOHOLICS ANONYMUS
phone: 801 033 242
open every day 8:00-22:00

In case of life/health endangerment Please call the public safety answering point

Alert! 112