



Wrocław University
of Science and Technology



Do you study at WUST?

Do you need psychological support?

You can reach out for support if you:

- are experiencing emotional difficulties such as anxiety or sadness
- are struggling with low motivation to study or problems with concentration
- are facing challenges in your relationships - family, romantic, or social
- are going through difficulties related to your psychosexual identity
- are dealing with painful or distressing life experiences

or simply feel that talking to a psychologist could help – no matter what you're going through, remember that we're here for you!

The Psychological Counseling Center invites WUST's students for free consultations – in person or online, in Polish, English or sign language.

The consultations are short-term and do not replace psychotherapy or psychiatric treatment, but they can help you better understand your situation and plan the next steps.

More information: dzd.pwr.edu.pl/en/help-and-support/psychological-counseling

Contact us (Accessibility Department)

tel. 71 320 43 20 (Mon – Fri 8:00-14:00)
23-25 Wyb. Wyspiańskiego Str.
Building C-13, room. 1.08 & 1.09
pomoc.n@pwr.edu.pl



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Wrocław University
of Science and Technology

Do you work at WUST?

Do you need psychological support?



You can reach out for support if you:

- are experiencing emotional difficulties such as anxiety or sadness
- are experiencing burnout or a lack of motivation
- are facing challenges in your relationships - family, romantic, or social
- want to better understand yourself and your emotions
- are dealing with painful or distressing life experiences

or simply feel that talking to a psychologist could help – no matter what you're going through, remember that we're here for you!

Psychological Support and Mediation Department invites WUST's employees and PhD students for free consultations – in person or online, in Polish and English.

The consultations are short-term and do not replace psychotherapy or psychiatric treatment, but they can help you better understand your situation and plan the next steps.

More information: dpm.pwr.edu.pl/wsparcie-psychologiczne

Contact us (Psychological Support and Mediation Department)

tel. 724 057 892 (Mon – Fri 9:00-14:00)
15 Na Grobli Str.
Building L-1, room 338
dpm@pwr.edu.pl



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