**Counselling available for**

**English Division students.**

Please send an e-mail with a request for

an appointment:

[student.counselling@umb.edu.pl](mailto:student.counselling@umb.edu.pl)

Counselling is especially suitable to help you:

-deal with stress and other pressures

- resolve fears

-manage family problems and work through difficult decisions

-cope with depression and sadness,

-handle crises in relationships and understand cultural differences.

Counselling is provided by the university at **no charge** to the student.

Our school counsellor**: Dr Barbara Polityńska–Lewko**

*is a fully trained clinical psychologist and native speaker of English. She can also be contacted on 85 748 5497 during the semester on Tuesdays 12.30-13.30 and Wednesdays 10.30-11.30 at the Department of Philosophy and Human Psychology ul. Szpitalna 37, room 427.*

Please note that this is not an emergency service and you may have to wait 3-4 days for a reply to your e-mail. Only the counsellor has an access to the mail service.

**IF THIS IS A LIFE THREATENING SITUATION OR ONE THAT COULD RESULT IN HARM TO YOURSELF OR SOMEONE ELSE**

**CALL 112 or 999**