

Assistance in crisis and useful contacts



HELP IN ENGLISH:

THE BLUE LINE (MODRÁ LINKA) help in crisis

Is the Czech language an obstacle for you? The Blue Line now offers email consulting in English.

Write your requests to help@modralinka.cz and you will receive an answer from us within 72 hours.

SAFETY LINE (LINKA BEZPEČÍ)

Tel. 116 111 nonstop, free of charge
(international calls: +420 116 111)

For children and students of up to 26 years of age,
anonymous, assistance in Czech

www.linkabezpeci.cz

MENTAL HEALTH FIRST AID

Tel. 116 123, nonstop, free of charge

Do you get panic attacks? Are you anxious? Depressed?
This can happen to anyone. Take it seriously!

www.linkapsychickepomoci.cz

PARENTS' LINE

Tel. 606 021 021 (02), Mo-Thu: 9 am–9pm, Fri 9 am–5pm
Crisis assistance and basic social advice free of charge for
anyone taking care of children, with counselling in Czech.

www.rodicovskalinka.cz

DON'T PANIC!!!

First aid in psychological problems

Don't panic!!! is an application that offers rapid
and free psychological help. It includes modules
for depression, anxiety/panic, self-harm, suicidal
feelings, my records, and eating disorders as well as
contacts for expert help.

This application includes a list of crisis centres in the
Czech Republic:

<https://1url.cz/jr1B6>

www.nepanikar.eu

WHITE CIRCLE OF SAFETY

Tel. 116 006, nonstop, free of charge
(international calls: +420 116 006)

White Circle of Safety provides free, erudite and discreet
help to victims of crime and domestic violence.

www.bkb.cz

HELP DIRECTORY (information and crisis intervention
lines and online assistance in the Czech Republic)

<https://1url.cz/IKyi4>