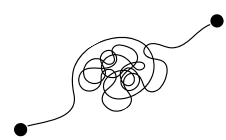
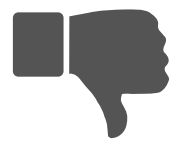




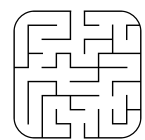
ARE YOU HAVING AN EMOTIONAL CRISIS?



CAN'T GET RID OF OBSESSIVE THOUGHTS?



FEELING OVERWHELMED WITH SORROW?



ARE YOU IN THE MIDDLE OF A HARD TIME IN YOU 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

ABUSE

THE NATIONAL HELPCENTER 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

YOU CAN HELP YOURSELF

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

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

