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# Student Counselling Centre

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## Address

Students' Counselling Centre  
Department of Child Health Promotion  
Building C/10, NIPH  
Third Faculty of Medicine, Charles University

## Contact Person

**Doc. MUDr. Dagmar Schneidrová, CSc.**

[dagmar.schneidrova@lf3.cuni.cz](mailto:dagmar.schneidrova@lf3.cuni.cz)

+420 267 102 340

Consultations: Wednesday 10.00 - 12.00, 13.00 - 16.00 upon previous agreement via email or phone

## Provided Services

- **Counselling on personal development and stress management**
  - assistance in adaptation to new study and living conditions
  - assistance in a difficult personal situation
  - stress management and support of a healthy lifestyle
- **Study counselling**
  - assistance in solving study issues
  - assistance in identifying an effective learning style
- **Counselling on quitting smoking**
- **Reference to specialized services**
  - crisis intervention
  - psychiatric consultation
  - psychotherapy
  - pharmacological support of quitting smoking, etc.

## Charles University Counselling Centre

<https://centrumcarolina.cuni.cz/CCENG-33.html>