

Emotional support helpline

The emotional support helpline, operated by Instytut Psychologii Zdrowia, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis, or thinking about committing suicide.

Tel: 116123

Olsztynski Telefon Zaufania 'Anonimowy Przyjaciel

Olsztynski Telefon Zaufania 'Anonimowy Przyjaciel provides 24/7 telephone assistance for people experiencing a personal crisis in Poland.

Tel: 89 19288

Tel: 89 527 00 00

Centrum Wsparcia Dla Osob W Stanie Kryzysu Psychicznego

Centrum Wsparcia Dla Osob W Stanie Kryzysu Psychicznego is available 24/7 to people across Poland who need help, conversation, counseling, and psychological support.

Tel: 800 70 2222

Olsztyńskie Stowarzyszenie Pomocy Telefonicze

Olsztyńskie Stowarzyszenie Pomocy Telefonicze is available 24/7 to people across Poland who need help, conversation, counseling, and psychological support.

Tel: 19288