



UNIwersYTET
IM. ADAMA MICKIEWICZA
W POZNANIU

**SUPPORT
AND ADVANCEMENT
OF AMU STUDENTS**

Dear Student, Dear Studying Persons,

We are glad to have you with us. We know that you are just getting to know the interesting, but sometimes also complicated, student world and are now absorbing a lot of news, yet we want to give you one more very important piece of information.

Studying is a period of growth and change, which can be both fascinating and difficult. At our University, we are committed to making sure that you are going to find people who will support you all the way through, while tackling challenges, coping with problems and producing solutions.

Please keep this leaflet safe and don't hesitate to call us or e-mail us when in need. We hope you find the information provided here useful in helping you gain new skills and acquire competences necessary to work together with others and to make this world a better place 😊

AMU Psychological Support Council



AMU Psychological Development and Support

The AMU Psychological Development and Support offers short-term psychological and therapeutic assistance (up to 8 meetings) to students, doctoral candidates and employees of Adam Mickiewicz University in Poznan. Our Support Staff may also refer to professional psychiatric counselling in situations requiring medical assistance.

Coping with various areas of life requiring assistance, may include:

- difficulties forging relationships with others,
- difficulties understanding, experiencing and expressing emotions,
- difficulties adapting to the university environment, finding one's way in a group or a community
- difficulties related to behavioral symptoms, as well as those caused by fears and anxieties,
- difficulties with goal setting and coping with new situations.

Sessions and appointments can be arranged by calling: **+48 61 829 24 94** or **+48 539 026 422**.

Information about appointment dates and the full offer of the AMU Psychological Development and Support can be found on the website:

<https://uam.sharepoint.com/sites/PoradniaRozwojuIW-sparciaPsychicznego> (the site requires logging-in via student e-mail from an „amu.edu.pl” address).

Assistance and counseling may be provided online or onsite in **English** and **Ukrainian**.

- <https://uam.sharepoint.com/sites/PoradniaRozwojuIW-sparciaPsychicznego/SitePages/Psychological-services-in-English.aspx>
- <https://uam.sharepoint.com/sites/PoradniaRozwojuIW-sparciaPsychicznego/SitePages/Психологічна-допомога-українською-та-російською-мовами-Психологіческая-помощь-на-русском-и-украинском-языка.aspx>

Our Support Team also conducts **psycho-educational and personal growth workshops**, where you can strengthen your skills in social and emotionally stable ways of expressing yourself. For more information about the workshops check for updates:

<https://uam.sharepoint.com/sites/PoradniaRozwojuIW-sparciaPsychicznego/SitePages/Warsztaty.aspx>



EMERGENCY ASSISTANCE

The AMU Psychological Development and Support does not engage in emergency interventions - an appointment scheduled in advance with a specialist is required to receive help.

For emergency interventions or severe crisis assistance you should contact the following specialized institutions:

- Psychiatry Emergency Room, operating 24/7
at HCP Medical Center
28 Czerwca 1956 No. 194 - Mental Health Center
<https://www.cmhcp.pl/index.php/izba-przyjec-psychiatrii>
[website in Polish]
- if you can't reach the emergency room on your own and/or the situation is life or health-threatening, call the emergency **number 112** for help
- **Crisis Intervention Point** in Poznań, providing psychological assistance around the clock in crisis situations
PIK, Poznań, Niedziałkowskiego 30
tel.: +48 61 835 48 65, +48 61 835 48 66
www.mcik-poznan.cop.pl/komorki-organizacyjne/punkt-interwencji-kryzysowej [website in Polish]

Psychological consultants helping to overcome difficulties in the study process

Psychological consultants helping to overcome difficulties in the study process invite students and doctoral candidates of our University who need support developing particular areas of competence and coping with problems related to learning as well as organizing the study process and achieving goals.

Read more:

<https://amu.edu.pl/studenci/studenci-z-niepelnosprawno-sciami/Psychologiczny-konsultant-ds.-trudnosci-w-procesie-studiowania>

Psychological consultants helping to overcome difficulties in the study process

Szymon Hejmanowski, MA

e-mail: szymon.hejmanowski@amu.edu.pl

tel.: +48 730 591 791

Dr. Julita Wojciechowska

e-mail: julita.wojciechowska@amu.edu.pl



Psychological support of the Faculty of Psychology and Cognitive Science for AMU staff and students (phone con- sultation)

Psychologists and psychotherapists from the Faculty of Psychology and Cognitive Science offer free psychological support and counselling to AMU staff and students and their family members who are going through difficult times, experiencing loneliness, anxiety or emotional crisis due to difficult circumstances.

Psychological support is provided over the phone only. Current calendar of interviews, the names of consultants and rules of conduct can be found at:

https://psychologia.amu.edu.pl/wsparcie/wsparcie_en/



Support Office for Persons with Disabilities (SOPerDi)

The AMU Support Office for Persons with Disabilities offers comprehensive assistance to people with various types of health predicaments and challenges, including those arising from disabilities. Support and assistance in areas related to University life is provided at the request of the person concerned.

For more information about Support Office operations and hours, visit:

<https://amu.edu.pl/studenci/studenci-z-niepelnosprawnosciami>
[website in Polish]

AMU Support Office for Persons with Disabilities

Grunwaldzka 6, room 114 and 100 B

e-mail: bon@amu.edu.pl

tel.: **+48 61 829 20 55**

video interpreter for Polish sign language users:

<http://uam.jns.pl/>

Faculty Coordinators cooperating with the AMU Psycholog- ical Development and Support as well as the AMU Support Office for Persons with Disabilities (SOPerDi)

Each AMU Faculty employs a person who provides students with information about the forms of psychosocial support available at the University, and the

current activities of both AMU Psychological Development and Support as well as the AMU Support Office for Persons with Disabilities. Check who is your Faculty's coordinator and remember that you can always approach this person who is your liason officer and the first source of information.

Coordinators can be contacted via the website:

<https://uam.sharepoint.com/sites/PoradniaRozwojuiWsparciaPsychicznego/SitePages/Koordinatorzy-Wydzialowi-ds.-Wspolpracy-z-Poradnia.aspx> [website in Polish]

<https://uam.sharepoint.com/sites/7109000000>

AMU Careers Office

The AMU Careers Office offers acces to a modern career portal, on the JobTeaser platform, where students and graduates will find many attractive job listings, internship and apprenticeship offers, targeted events, a newsletter with interesting initiatives for students, a calendar of meetings with career counselors and career advice.

The Office organizes numerous events that enable students to acquire competencies desirable on the labor market. The Office team provides career counseling for students and teaches job application principles, including cv and cover letter editing as well as walks you through the recruitment process. They also offer free testing of thinking and acting styles using the FRIS questionnaire®.

In addition, the AMU Careers Office coordinates extra-curricular internships to enhance students' work experience.

For more information and contact details, visit:

<https://biurokarier.amu.edu.pl/strona-glowna>



AMU LGBT+ Association

The Association creates a platform for advocacy, equality, culture and science, monitoring and counteracting any potential forms of bias. The Association stands for the teaching and promoting human rights, equal opportunities, European integration and the development of international contacts and cooperation.

Read more: <https://lgbtplus.amu.edu.pl> [website in Polish]

AMU Student Government

The AMU Student Government is the exclusive representative of all students of the University. It carries out student activities and coordinates student affairs, including student social and cultural life at AMU. It gives its opinion on the most important pieces of AMU legislation regarding the student body, monitors teaching practices, stands up for students' rights and animates student life by organizing many cultural events.

We invite you to learn more about the activities of the AMU Student Government at:

<https://samorzad-amu.pl> [website in Polish]

AD ASTRA Association of AMU Students with Disabilities

The AD ASTRA Association of AMU Students with Disabilities is a student organization that actively works for the benefit of all students with disabilities by organizing numerous events, trips, integration meetings and workshops.

Read more: <https://amu.edu.pl/studenci/studenci-z-niepelnosprawnosciami/zrzeszenie-studentow-niepelnosprawnych-ad-astra> [website in Polish]

Independent Students' Association

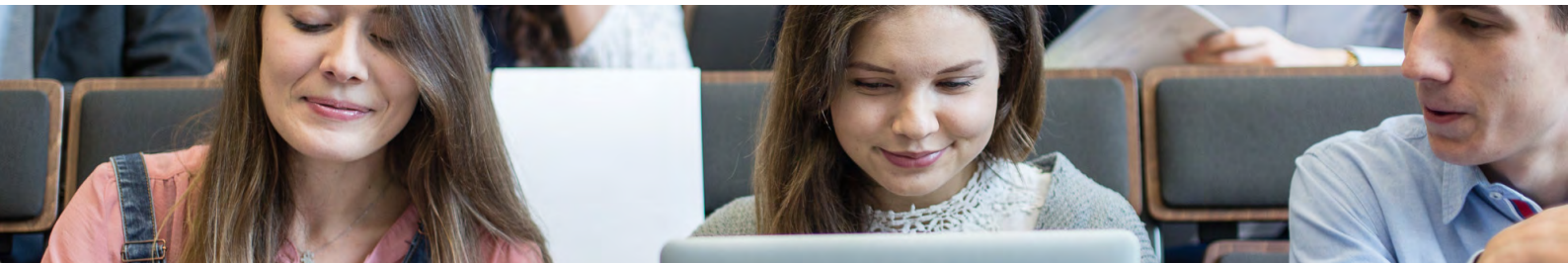
The AMU Independent Students' Association is an organization that offers space for personal growth, meeting new people, turning ideas into actions and overcoming one's own weak points. It involves students to be more engaged, and draws attention to fundamental problems of life on campus.

Read more: <https://www.facebook.com/nzsuam/>

Ombudsman for Academic Rights and Freedoms

The Ombudsman for Academic Rights and Freedoms ensures that the working and learning environment is safe and free from violence and discrimination. Together with the Anti-Discrimination Commission, the Ombudsman acts to prevent unequal treatment and discrimination of employees and students, particularly on the basis of gender, age, disability, race, religion, nationality, political beliefs, ethnicity, religion, gender identity or psychosexual orientation.

Read more: <https://bezdyskryminacji.amu.edu.pl/> [website in Polish]





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