



**Magiczny  
Kraków**

## **Psychological assistance**

2021-02-19

From May to August 2020, the UNICORN Association, commissioned by the Municipality of Kraków, ran the project entitled ***Psychological assistance for people in challenging life situations („Pomoc psychologiczna dla osób w trudnej sytuacji życiowej”)***. Free psychological help was offered to individuals in psychological crises resulting from challenging life circumstances (family violence, diagnosis of a chronic illness, loss of a job, mental crisis caused or aggravated by a pandemic situation, etc.). Specialists involved provided 100 hours of individual and 30 hours of family consultations. Both stationary and remote services (telephone, Whatsapp) were available.

Since 7 December 2020, the ***Psychological First Aid Centre („Centrum Pierwszej Pomocy Psychologicznej”)***, has been in operation. Four centers distributed throughout Kraków offer free psychological support to local residents in mental crisis. Due to the epidemic services are provided both on site and on-line. This project, commissioned by the Municipality of Kraków, is carried out by the UNICORN Association. In December 2020, 194 people Krakovians benefited from the assistance.