



PUMS Students are entitled to 20 free counselling sessions (in total) with a CAPS psychotherapist. Find out more details on the PUMS website or QR code.

Don't know which CODE to contact?
Use the following form to find out!

Distress scale



Code Red

8-10 on the distress scale

Examples of a red crises:
Suicidal Ideations
Psychosis
Traumatic Event

Call an ambulance: 112 & text code RED with your name to Dr. Nadia Kruszyńska (emergencies only)

Code Yellow

6 - 8 on the scale

Examples of code yellow situations:
Feeling overwhelmed, having panic attacks
Depression
Substance-related issues
Mourning, relationship crises

Contact CAPS psychologists by email, text, etc. and get an appointment within 7 days

Code Blue

< 6 on the distress scale

Examples of code blue situations:
Problems with adaptation
Social problems
Couples therapy
Learning difficulties/disabilities (Dr. Kruszyńska)

Contact CAPS psychologists by email, text, etc. and get an appointment within 10 days

English-speaking psychiatrist: Dr. Marcin Górnjak, M.D., Ph.D.
Mobile (+48) 697 523 730

Call or text for appointment, including name and PUMS student status*

*Psychiatrist visits are often not covered by insurance and incur out of pocket expenses

Our Psychologists



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EMERGENCIES ONLY

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