



Mental Wellness



← → Q Poznań University of Medical Sciences



**Counselling and Psychological Services for
PUMS Students**



Mental Wellness Center:

- **Counseling and psychotherapy**
- **Academic Support**
- **Mentoring and tutoring**
- **Crisis intervention**

**Counselling and Psychological Services for
PUMS Students**



Our Team



← → 🔍 Who do I turn to for help?

Our Team: Mental wellbeing, tutoring, crisis intervention



Dr Nadia Kruszynska

clinical psychologist psychotherapist
n.kruszynska@ump.edu.pl
+48 501 215 139

**ACADEMIC SUPPORT LEADER,
Tutoring Programm Coordinator**



Kasia Makarewicz

psychologist, psychotherapist,
Tutor, Mentor
+48 660 768 033
<kasia.makarewicz@wp.pl



Our Team



← → 🔍 Who do I turn to for help?

Our Team: Psychotherapy



**Alicja
Dominiak**

psychologist psychotherapist
alicja.anna.dominiak@gmail.com
+48 537 584 911



**Róża
Guźniczak**

psychologist
psychotherapist
roza.guzniczak@gmail.com
+48 669 353 737

Our Team: Neuropsychology



Wiktorija Kulas
neuropsychologist

- **counselling for neurodivergent students**
- **clinical diagnosis (ADHD, ASD)**
- **research in neuropsychology**



Our Team

Our Services



← → 🔍 What can we do for you?

What we provide

- **15 sessions free of charge/academic year**
- well experienced team of professionals
- individual psychological consultations,
- short-term therapeutic support,
- crisis intervention,
- wellbeing workshops and group meetings,
- guidance on stress management, communication, and healthy study habits

← → 🔍 🔍 Where is it going to take place?

Where do we provide our services



MENTAL WELLNESS CENTER Collegium Stomatologicum

4th floor

Rooms A406 and A407



Our Team

Our Services

S Color Codes

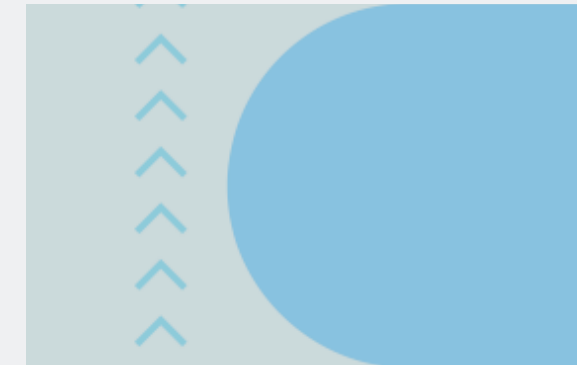


Where to find this:

- PUMS Website -Student Zone-Medical and Psychological Assistance

accommodations regarding academic performance

- collect medical documentation
- email Dean's Office
- email dr Nadia Kruszyńska
n.kruszynska@ump.edu.pl
- **make sure you send your request untill end of November, or immediately after being diagnosed**



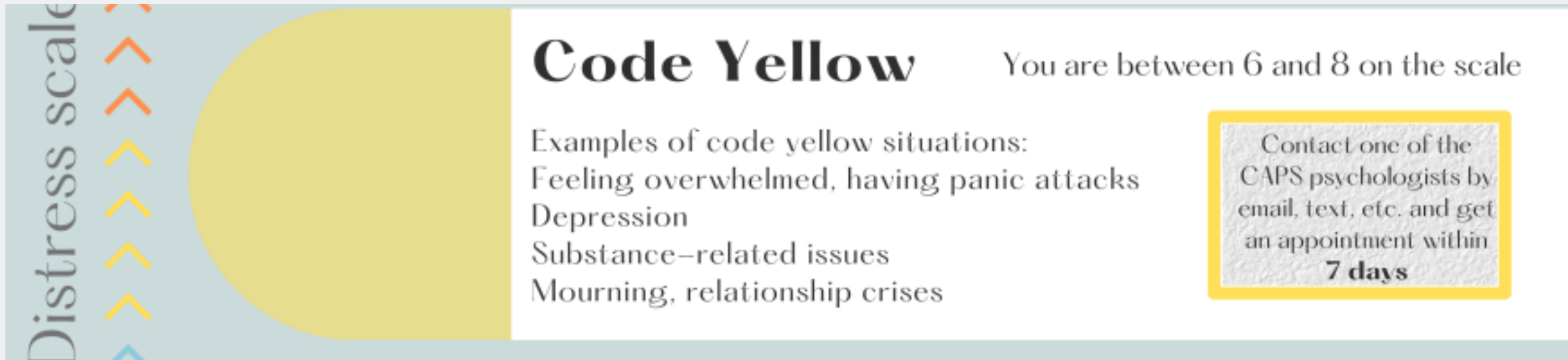
Code Blue You are below a 6 on the distress scale

Examples of code blue situations:

- Problems with adaptation
- Social problems
- Learning difficulties
- Learning disabilities
- Couples therapy (contact Adam)

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

ADHD
ASD
PTSD
physical impairment



Code Yellow You are between 6 and 8 on the scale

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

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

- You don't have to be left alone with this, nor deal with the distress on your own,
- You can reach out for help,
- This is about giving yourself a chance, not about weakness.

Please note

- **Subjective**
- **Individual sense of coping/not coping with the discomfort experienced**
- **level of discomfort, suffering negatively affects ability to function in different roles**



As a student at PUMS, you are entitled to 20 free counselling sessions (in total) with CAPS. Find more details on the PUMS website.

When making an appointment, follow the following distress scale...



Code Red You are at an 8–10 on the distress scale

Examples of code red crises:
Suicidal Ideations
Psychosis
Traumatic Event

Call an ambulance: 112
Then text code RED
and your name to Dr
Nadia Kruszynska

**CODE RED means
you just can't take
it anymore**

Mental Health Crisis
if there is any one (or multiple)
of the following:

- at or imminent risk of suicide
- Threat or imminent risk of harm to others
- Inability to avoid imminent danger or self-harm
- Inability to properly care for self



what to do?

1. **call 112,**

2. **call dr Nadia Kruszyńska**
+48 501 215 139 CODE RED,
your name (txt or whatsapp)

CODE RED means EMERGENCY:

- suicidal gestures, intentions or attempts
- physical aggression or threats
- unresponsive or incoherent behaviour
- disconnection from reality
- unmitigated disruptive behavior
- any dangerous or threatening situation



CAPS

Our Team

Student Liaison

Our Services

CAPS Color Codes



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CODE RED means
we will do our best
to help you