



**NICOLAUS COPERNICUS  
UNIVERSITY  
IN TORUŃ**

University Centre  
for Support and  
Personal Development



### **We offer to the NCU community**

- psychological and psychiatric help.

### **We organize educational activities, namely:**

- supporting personal development,
- promotion of healthy lifestyle,
- preventive healthcare,
- building positive relationships.



**Check our offer  
and use it!**

*<https://wsparcie.umk.pl/>*



**If you feel that:**

- you do not fit the others,
- you have problems building relations with people,
- you worry often,
- you procrastinate your tasks,
- you have problems with getting up,
- you feel worse than others,
- you often experience stress and tension,
- you do not feel joy

**come and seek counselling at the University Center of Support and Personal Development!**



<https://wsparcie.umk.pl/pages/pomoc/?lang=en>