



UNIWERSYTET
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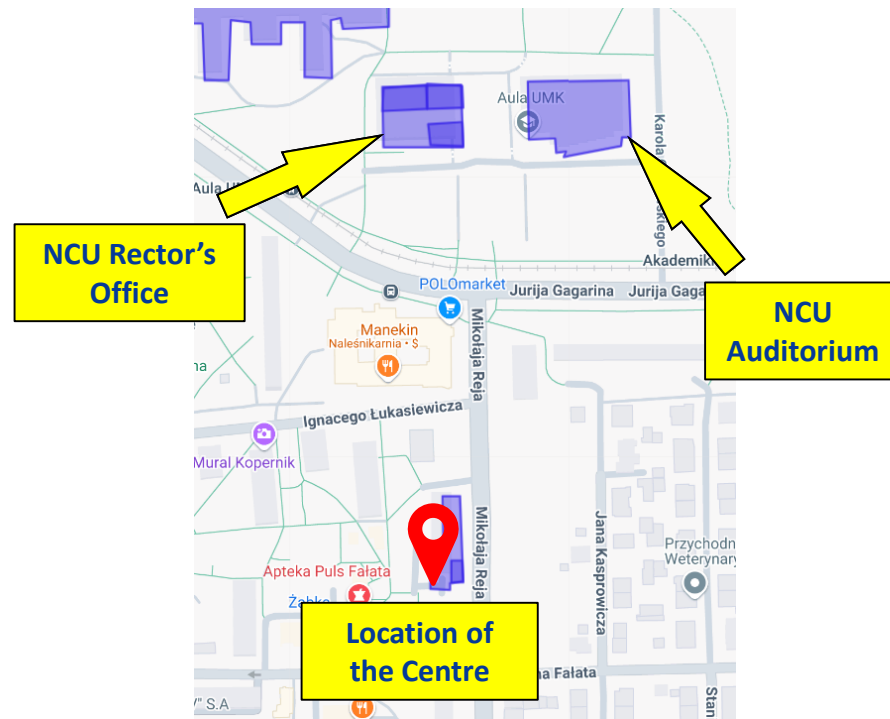
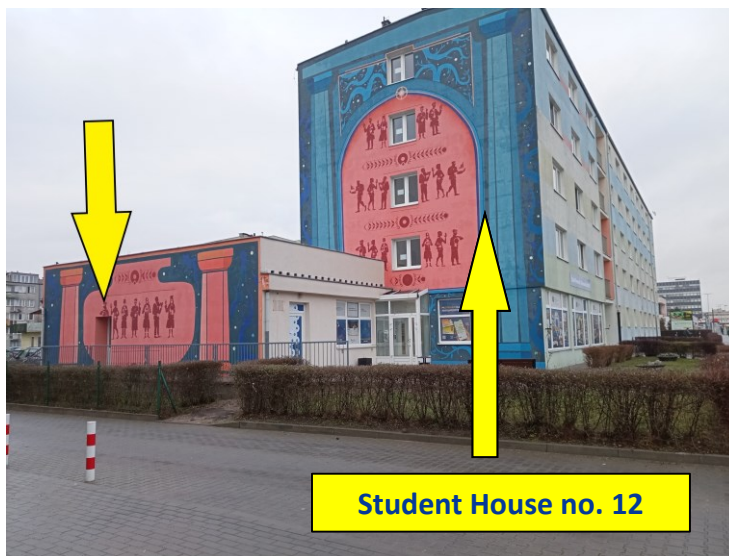
University Centre for Support and Personal Development

2024-11-06



Location of the Centre – Toruń, ul. Reja 25

Where to find us:



Centre Staff

- ⦿ Personal Development Unit:
Director – dr hab. Hanna Solarczyk-Szwec, NCU Professor
- ⦿ Support Unit for People with Special Needs:
Deputy Director – Sławomir Rylich
Katarzyna Makowska
Mikołaj Piekut





Supporting You Through Crises

- ① Psychological consultations – to arrange an appointment, send a text message to one of our psychologists:
 - dr Magdalena Cyrklaff-Gorczyca – phone no.: 502 695 564
 - mgr Barbara Lorek – phone no.: 662 030 772

- ② Psychiatric consultations – to schedule a visit, send a text message to a psychologist. If deemed necessary, you will be referred to a psychiatrist.
(REMEDIS PRO Centre for Psychotherapy and Personal Development, Toruń, ul. Moniuszki 39)





Caring for Your Well-Being

- ⦿ Health prescription: issued by a psychologist for activities of your choice at the University Sports Centre.
- ⦿ Get moving! at your desk – relaxation and exercises with a USC trainer (online, Thursday at 2:30 PM).
- ⦿ Look for relaxation zones (University Library and Copernican Integration Centre) and quiet rooms in your faculty building or nearby.
- ⦿ Stay updated with the programmes available at the Copernican Integration Centre.



Helping You Overcome Learning Difficulties

- ⦿ Struggling to motivate yourself to write your doctoral thesis?
- ⦿ Want to manage your time more effectively?
- ⦿ Need assistance with the dean's office or library?
- ⦿ Looking for individual support during your studies?

Contact Us!

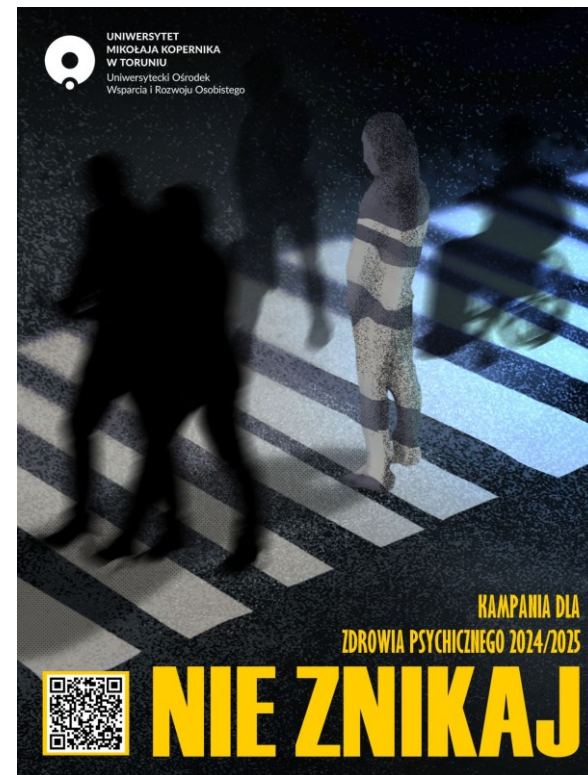


Supporting Your Individual Needs

- ⦿ *Educational assistants*
- ⦿ *Academic support*
- ⦿ *Adaptation of courses to your needs*
- ⦿ *Individual language lessons*
- ⦿ *Adapted physical education classes and sports for people with disabilities*
- ⦿ *Equipment and assistive software rental*
- ⦿ *Transportation assistance*
- ⦿ *Help with administrative matters related to your studies*
- ⦿ *Support with communicating with your teachers*

"Don't Disappear" Mental Health Campaign 2024/2025

- ⦿ Schedule an in-person meeting with a staff member from the Centre
- ⦿ Complete a mental health self-assessment
- ⦿ Receive (self-)help tips
- ⦿ Find out when we'll be visiting your faculty





Discover the Centre's Complete Range of Services

University Centre for Support
and Personal Development

Phone no.: 56 611 49 33

e-mail: ośrodek_wsparcia@umk.pl

WWW: wsparcie.umk.pl



Support Unit for People with Special Needs

Phone no.: 56 611 49 83

e-mail: bon@umk.pl

WWW: bon.umk.pl

