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Recommendations for Supporting Mental Health After a Tragic Event

We hope this message finds you as well as can be expected during these challenging times. The recent events at the Faculty of Arts at Charles University have left us all deeply saddened, and we extend our heartfelt condolences to those who have lost their loved ones.

We understand that the impact of such tragic events can be profound, affecting not only those directly involved but also those within the broader university community. It is natural to experience a range of emotions and reactions during such difficult times, and we want to assure you that support is available.

Common Reactions

During these trying times, you may find yourself grappling with various emotional responses, such as increased irritability, mood swings, anxiety, fear, and sadness. It's essential to recognize that these reactions are normal given the abnormal circumstances.

How to Cope

Here are some recommendations to help you navigate through these challenging moments:

- 1. Take Time to Recover**

Allow yourself the necessary time to heal and regain strength. Avoid rushing the process, as everyone copes with extreme stress differently.

2. Seek Support

Share your feelings with trusted individuals—friends, family, or peers who may have experienced similar situations. If unavailable, consider reaching out to professionals listed below.

3. Maintain Routine Activities

Engage in activities that used to bring you satisfaction, fostering a sense of stability amid chaos.

4. Calm Your Mind

Practice relaxation techniques, exercise, and participate in activities that divert your focus. Avoid substances like alcohol and drugs, as they may worsen the long-term impact.

5. Manage Information Intake

Limit exposure to news and media. Stay informed but avoid constant bombardment, seeking information only a few times a day.

6. Face Fears

While prioritizing safety, try not to isolate yourself completely. Confronting fears gradually can contribute to overcoming them.

7. Utilize Healthy Coping Strategies

Activate your internal resources by employing techniques such as relaxation exercises, physical activities, and cultural experiences. Remember, you are not alone.

8. Nurture Relationships

Strengthen connections within the academic community. Maintain relationships with classmates and colleagues, drawing strength from the university community.

9. Monitor Changes

Be aware of changes in your thoughts and experiences. Seek help if you notice prolonged depression, abrupt mood swings, excessive irritability, or difficulty concentrating.

10. Extend Support

Observe changes in those around you and offer assistance. Encourage seeking professional services when needed.

Professional Help:

If you feel the need for professional assistance, the following crisis centres are available:

RIAPS Crisis Centre

Chelčického 39, Prague 3, 130 00

Helpline: +420 222 580 697

<https://www.csspraha.cz/kc-riaps>

Centre for Crisis Intervention in Bohnice

Bohnice Psychiatric Hospital

Ústavní 91, Prague 8, 181 02

<https://bohnice.cz/krizova-pomoc>

Helpline for Students (Up to 26 years of age)

Nonstop Line: 116 111

Chat: <https://www.linkabezpeci.cz>

Daily 9–13 and 15–19

White Circle Safety Nonstop Victim Helpline

+420 116 006

24-hour Crisis Line SPIS for loved ones and survivors

+420 227 272 225

Contacts for additional psychological support within the UK

The special e-mail has been set up psych.pomoc@cuni.cz, which might be used by students and employees of CU for sending requests for psychological or psychiatric counseling.

E-mails are answered by counseling staff from the Carolina Center and the Faculty of Arts CU who will then connect you with a specific professional. You will receive a response within the next day.

Information line for students and employees of Charles University

Phone: +420 800 100 790

An information line for UK students and staff is available every work day 9-17, where operators will help you find the information you need and direct you to services offered in connection with the tragic event at the Faculty of Arts of CU.

Remember, these are general principles, and individual responses vary. Seeking professional mental health support is crucial during such challenging situations.

We are here for you, and together, as a community, we can support one another through these difficult times.