

Information on psycho-emotional support for refugees. Services are available free of charge by contacting the service provider. If use of Russian or English is not possible to provide the service, an Ukrainian interpreter will be arranged upon prior request.

Crisis and Counselling Centre "Skalbes" 24551700 business days 9:00 - 17:00 (also available after office hours upon a prior arrangement during the office hours)

- Single Crisis Line 116123 - psychological and emotional support - crisis intervention
- Clinical psychologist/psychotherapist counselling in Latvian/Russian/English
- Support groups for people who have experienced the same traumatic event. The service should be booked in a coordinated way, when the group members are known and the desired number is 12-15. In Latvian/Russian/English.

Association "Centrs MARTA"; opening hours 10:00-18.00, Tel. no. 67378539

- Remote psychological counselling for adults in Latvian/Russian
- Support group for victims. The group starts as soon as at least 6 members are gathered.