



Emergency support

National emergency numbers

General emergency number 112
 Emergency 999
 Police 997 (PL/EN/UA)

Blue Line - Polish National Referral Service for Victims of Family Violence (Association for the Prevention of Family Violence)
 Tel.: 800 120 002 (24h/7, PL; Mon 18:00-22:00 ENG; Tues 18:00-22:00 RU)
 Psychological support and legal aid.

Infoline of the National Health Fund (NFZ)
 Tel: +48 800 190 590 (PL/UA/EN/RU) Registration for hospital, doctor, information on medical services.

Hospital Emergency Departments (Podkarpackie)

Rzeszów Clinical Provincial Hospital Nr 2, ul. Lwowska 60,
 Tel.+48 17 866 44 44
Przemyśl Provincial Hospital. Św. Ojca Pio (ul. Monte Cassino,
 Tel.+48 18 16 677 50 00
Lubaczów (Budomierz BCP) Independent public health care, ul. Adama
 Mickiewicza 168, Tel.: +48 16 632 81 00
Ustrzyki Dolne (Krościenko BCP) Independent public health care,
 ul. 29 Listopada 57, Tel.: +48 134 611 028
Radymno (Korczoza BCP) Independent public health care "ARS MEDICA"
 ul. Legionów 1, Tel: +48 16 628 10 12
Medyka Independent public health care "HIPOKRATES",
 Medyka 479A Tel: +48 16 671 52 10

Center for Specialist Counseling and Crisis Intervention
Rzeszów ul. Skubisza 4, Tel: +48 17 863 53 89 (24h/7) Crisis intervention,
 psychological, psychiatric, and social support, legal advice, safe shelter.

Crisis Intervention Team at the Municipal Center for Addiction Prevention
Przemyśl ul. Brata Alberta 10, Tel. +48 16 672 30 04 (24h/7)
 Help and support for people experiencing domestic violence by providing social,
 legal, psychological assistance, and safe shelter.

Specialized Support Center for Victims of Domestic Violence
Korytniki 14, Tel. +48 16 671 85 94 (24h/7)
 Help and support for people experiencing domestic violence by providing social,
 legal, psychological assistance, and safe shelter.

Comprehensive support

FEMINOTEKA - National helpline for women experiencing violence and a
 support point for women who have experienced sexual violence.
 Tel: +48 888 88 79 88 - Mon-Fri, 14:00-19:00 (UA)
 Tel: +48 888 88 33 88 - Mon-Fri, 11:00-19:00 (PL, ENG)
 Psychological support, long- and short-term psychotherapy and trauma therapy,
 medical support, legal advice, social support, empowerment workshops.

Support for reproductive health

FEDERA - Foundation for Women and Family Planning
 Tel.+48 22 635 93 95 - Mon-Fri, 09:00-17:00 (PL/UA)
 Tel: +48 22 635 93 92 - Helpline (psychologist, gynecologist), Mon-Fri, 16:00-20:00
 info@federa.org.pl, pomocprawna@federa.org.pl
 Reproductive and sexual health support, legal support on matters of
 related to reproductive health.

HIV & AIDS Helpline run by the National AIDS Centre
 Tel.: 800 888 448 (Mon-Fri 09:00-21:00, weekends 24h/7) (PL, UA)

Legal support

Halina Nieć Legal Aid Center
 Tel.: +48 725 449 374 - Hotline (PL/UA/RU/EN), Mon-Fri, 09:00-15:00
 Tel.: +48 693 390 502 - In case of emergency (telephone, WhatsApp)
 Legal support for refugees.

Mental health support

Blue Line - Polish National Referral Service for Victims of Family Violence (Institute of Health Psychology)
 Tel: +48 22 668 70 00 (24h/7) and Tel: 116 123 (24h/7)
 Psychological support and legal aid.

District Family Assistance Center (PCPR)
Rzeszów ul. Stefana Batorego 9, Tel: +48 519 585 857 (Mon-Fri 07:30-15:30, PL, UA)
 Crisis intervention, management of GBV cases, providing specialist counseling.

District Family Assistance Center (PCPR)
Przemyśl Plac Dominikański 3, Tel: +48 (16) 675 00 11 (Mon-Fri 07:30-15:30, PL, UA)
 Crisis intervention, management of GBV cases, specialist counseling.

Social Psychoprophylaxis Foundation PRO-FIL
Rzeszów ul. Unii Lubelskiej 6/8, Tel: +48 574 907 904
 Individual counseling and referrals; mobile consultation center,
 psychosocial assistance for children and adults.

Specialist support

MEDYK Medical Center
Rzeszów ul. Podkarpacka 1 Tel: +48 17 865 21 06 Mon-Fri, 07:00-18:00
 Clinic for refugees from Ukraine (UA PL)
 Primary health care, family doctors, pediatricians, nurses.

La Strada - Foundation Against Trafficking in Human Beings and Slavery
 Tel: +48 22 628 99 99 (24h/7) (PL, UA, RUS, ENG)
 Helpline for victims of human trafficking, forced labour and slavery.
 Psychological, legal and social assistance.

Lambda Warsaw
 Tel: +48 226285252, Mon-Fri, 12:00-14:00 (PL) 16:00-18:00 (UA, RU)
 Shelter for refugees from Ukraine who experience violence or discrimination
 based on sexual orientation or gender identity.

Consilium Association of Civic Initiatives, Mediation and Legal Protection
Przemyśl, ul. Asnyka 4, stowarzyszenie.consilium@protonmail.com
 Social assistance, legal advice, psychological support and accommodation
 for people experiencing domestic violence.

Social Assistance Centres (OPS, MOPS or GOPS)
 Safe shelter support, psychological assistance and legal advice; material and
 social assistance. GBV case diagnosis, Blue Card procedures, monitoring;
 individual counseling; referrals to other state institutions (Family
 Court/Police)

MOPS Rzeszów, ul. Poniatowskiego 10
 Tel: +48 863 71 56
 Team of Social Workers for Counteracting Domestic Violence

MOPS Przemyśl, ul. Leszczyńskiego 3
 Tel: +48 16 307 14 14
 Interdisciplinary Team for Counteracting Domestic Violence

GOPS Medyka, Medyka 288,
 Tel: +48 (16) 67 53 75

GOPS Radymno (Korczoza BCP), ul. Lwowska 38,
 Tel: +48 16 628 10 05

MOPS Lubaczów (Budomierz BCP), ul. Kard. S. Wyszyńskiego 4,
 Tel: +48 16 632 90 45

MGOPS Ustrzyki Dolne (Krościenko BCP), ul. Wyzwolenia 7,
 Tel: +48 13 461 18 68