

# IPčko



# What is IPčko?

The civic association IPčko was created to help people whose soul is in pain  
FREE OF CHARGE, NONSTOP and ANONYMOUSLY.

- 1. Crises Psychological Help**
- 2. Soul Care**
- 3. Unique Psychological Approach**
- 4. Mental Health Education**

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**Crises**

**Psychological**

**Help**

# Crises Psychological Help

**Many people turn to Ipčko in times of despair.**

EVERY DAY we answer nearly 50 calls for help from people who are thinking about ending their lives. They feel abandoned, alone and do not see a way out of their situation.

However, there are many more people looking for help.

## 184 041

This is the number of crisis and helping communications in 2023 carried out by professional advisers on the help lines and in the IPčko crisis services.

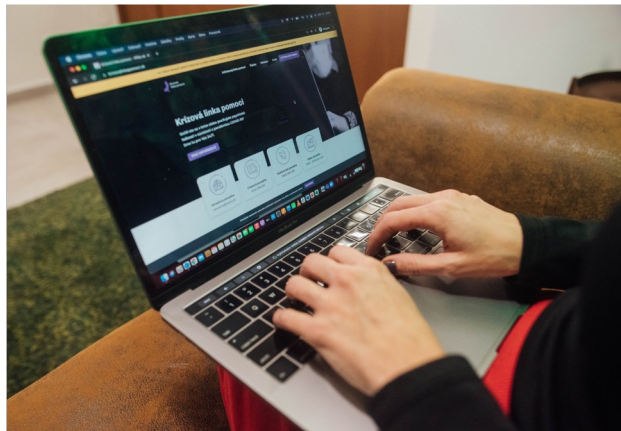
# The most frequent sorrows

<b>FEELINGS OF LONELINESS AND FEAR</b>	<b>CONFLICTS</b>
<b>SUICIDAL THOUGHTS</b>	<b>PSYCHIATRIC PROBLEMS</b>
<b>STRESS, PRESSURE TO PERFORM</b>	<b>SEXUALITY</b>
<b>ANXIETY, PANIC, PHOBIAS</b>	<b>SUICIDE ATTEMPT</b>
<b>SELF-HARM</b>	<b>WAR IN UKRAINE</b>
<b>DEPRESSION</b>	<b>LOSS AND DEATH OF LOVED ONES</b>
<b>PEER RELATIONSHIPS</b>	<b>DOMESTIC AND SEXUAL VIOLENCE</b>
<b>PARTNER AND FAMILY RELATIONS</b>	<b>EATING DISORDERS</b>
<b>SCHOOL, EDUCATIONAL DIFFICULTIES</b>	<b>SUBSTANCE ABUSE</b>
<b>IDENTITY</b>	<b>SOCIO-LEGAL ISSUES</b>
<b>BULLYING</b>	<b>COVID-19</b>
<b>INTERNET PHENOMENA</b>	<b>OTHER TOPICS</b>

# How can we help in crises?

## ONLINE

- **IPčko.sk** - 24/7, anonymous and free chat and email helpline for young people
- **Crisis helpline** - specialized helpline for emergent life situations (telephone line, video calls, chat & e-mail consultation)
- **Helping crisis websites** - [www.chcemsazabit.sk](http://www.chcemsazabit.sk) (I want to kill myself) and [www.stalosato.sk](http://www.stalosato.sk) (This has happened)



# What do we do in crises?

## IN PERSON

- **Crisis Intervention Team** – field team in every region in Slovakia (8)
- **Crisis Intervention Centers** – in every regional town in Slovakia (9)
- **Boards on the train rails** – in the places where people most often come to end their lives, we place special boards with a message for help



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# Soul Care

# How can we care about soul?

PREVENTION and EDUCATION are also an important part of our work.

## ONLINE

- **Online „field work“** in closed groups on social networks and streaming platforms
- **Helping Streams** – regular streaming on Twitch and Discord where we answer questions and problems of young people
- **Helping websites and campaigns**– [Máš dost' životov?](#), [Nevypočutý](#) (Do you have enough lives?)



# What do we do for soul?

## IN PERSON

- **Youth Clubs:**
  - [CONNECT klub](#) – Michalovce,
  - [ID klub](#) – Nitra,
  - [Flek klub](#) – Trnava,
  - [Klub Machovisko](#) – Bratislava,
  - [Kreate klub](#) – Prešov



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**Unique  
Psychological  
Approach**

# Psychology is not boring

**We are here primarily for young people, so we cannot use outdated methods.**

We are constantly looking for new ways to approach people in mental crisis and bring them help - even before they ask for it themselves.

- **Hedgehog therapy** - our hedgehog therapists help us calm clients and establish a relationship with them
- **VR help** - we created the VR Psychological Laboratory
- **Safety boxes** - a simple box hides items that help young people to deal with emotional pain in a healthy way - instead of self-harm
- and many more



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# Mental Health Education

# We educate about mental health

**Prevention also includes education – of experts, parents, but also the public.**

We are implementing a number of trainings, workshops and educational programs for various groups throughout Slovakia.

- Support groups for parents
- Basic and advanced Crisis intervention courses
- Special trainings for investigators
- VR in psychological help
- Educational tour on current topics – self-harm, cyber groomig, radicalisation, ...
- and many more



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