

Information on psycho-emotional support for children of refugees and their families. These 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.

Children and Teenager Resource Centre, tel. +37129164747, info@pusaudzucentrs.lv For children, teenagers and their families!
<ul style="list-style-type: none">• Individual counselling for child and family remotely in Latvian/English/Russian
<ul style="list-style-type: none">• Individual counselling in person for child and family in Latvian/English/Russian. In Riga, Liepāja, Ventspils, Daugavpils, Rēzekne, Jelgava
<ul style="list-style-type: none">• Psychological support helpline for teenagers in Latvian/English/Russian on business days from 12:00 to 19:00, tel. +37125737363
State Inspectorate for the Protection of Children's Rights, tel. 116111 or +37167359147 For children, teenagers and their families!
<ul style="list-style-type: none">• Remote psychological support counselling for children, teenagers and parents (on issues related to children), in Latvian/Russian<ul style="list-style-type: none">- by calling the free 24-hour helpline 116111- by chat available on www.uzticibastalrunis.lv or on the free "Helpline" app on business days from 12:00-20:00- e-mail uzticibaspast116111@bti.gov.lv
<ul style="list-style-type: none">• A one-off crisis intervention for support to a group of people who have experienced the same traumatic event. The group may consist of teenagers from the age of 10, as well as their families. Total number of participants from 3 to 10 people. Work in person or remotely in Latvian/Russian. The service must be booked in a coordinated way, when the group members are known.
<ul style="list-style-type: none">• Repeated individual counselling for teenagers after a crisis intervention group in cases of prolonged and severe signs of crisis (in person or remotely) in Latvian/Russian
Crisis and Counselling Centre "Skalbes", tel. 24551700 business days 9:00-17:00 (also available after office hours upon a prior arrangement during the office hours) For families with children from 5 years old!
<ul style="list-style-type: none">• Clinical psychologist/psychotherapist counselling in Latvian/Russian/English
State Agency for Social Integration - 24-hour service with accommodation, tel. 26110065. Located in Jūrmala, Dubultu prospekts 71. For families with children from 2 years old!
<ul style="list-style-type: none">• A social rehabilitation course to reduce post-traumatic stress for families with children for up to 30 days, with on-site accommodation including meals. The course includes specialist counselling, support of a social worker, various creative activities and medical supervision. In Russian/English, Ukrainian mentor is available. Depending on demand, there may be a waiting list.