

Activities of the Federal Coordination Center for Provision of Psychological Services in Education System of Russia

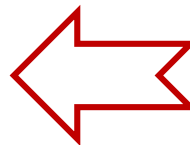


Ministry of Education of the Russian Federation

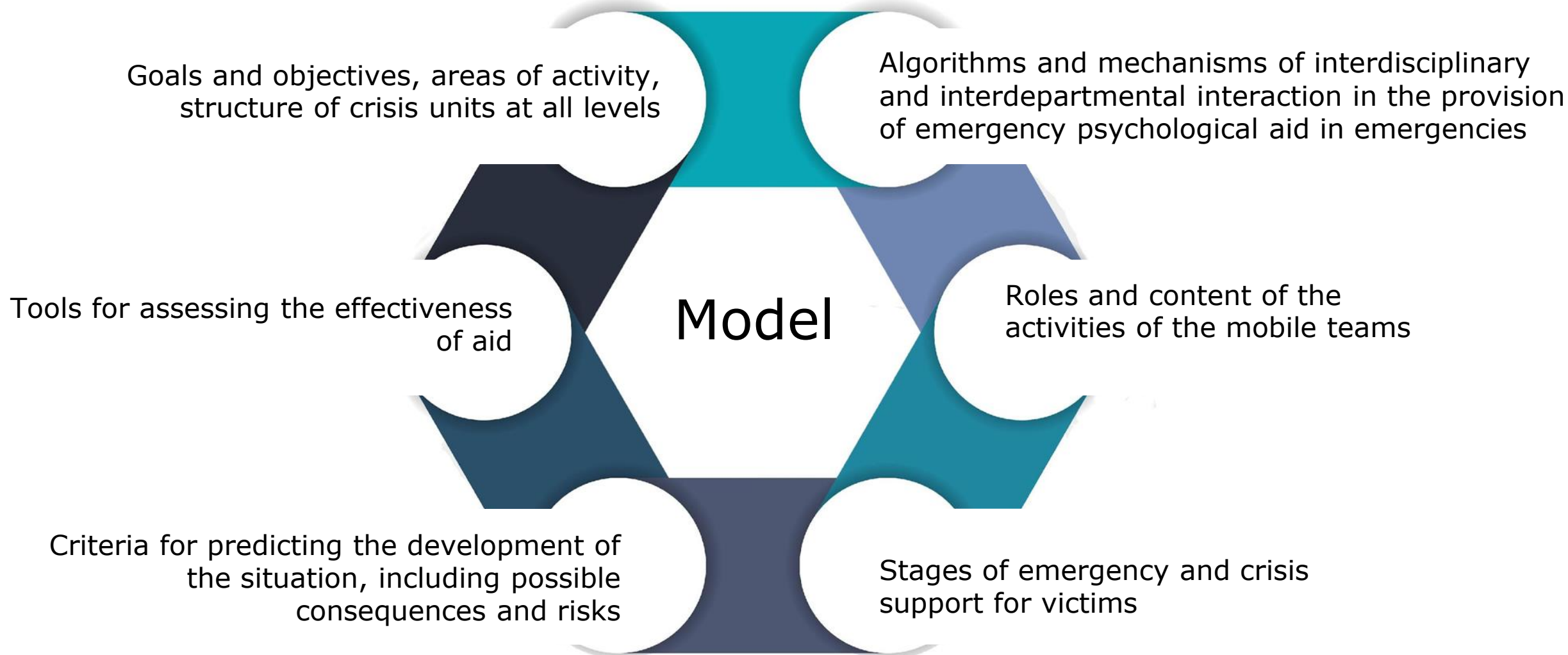


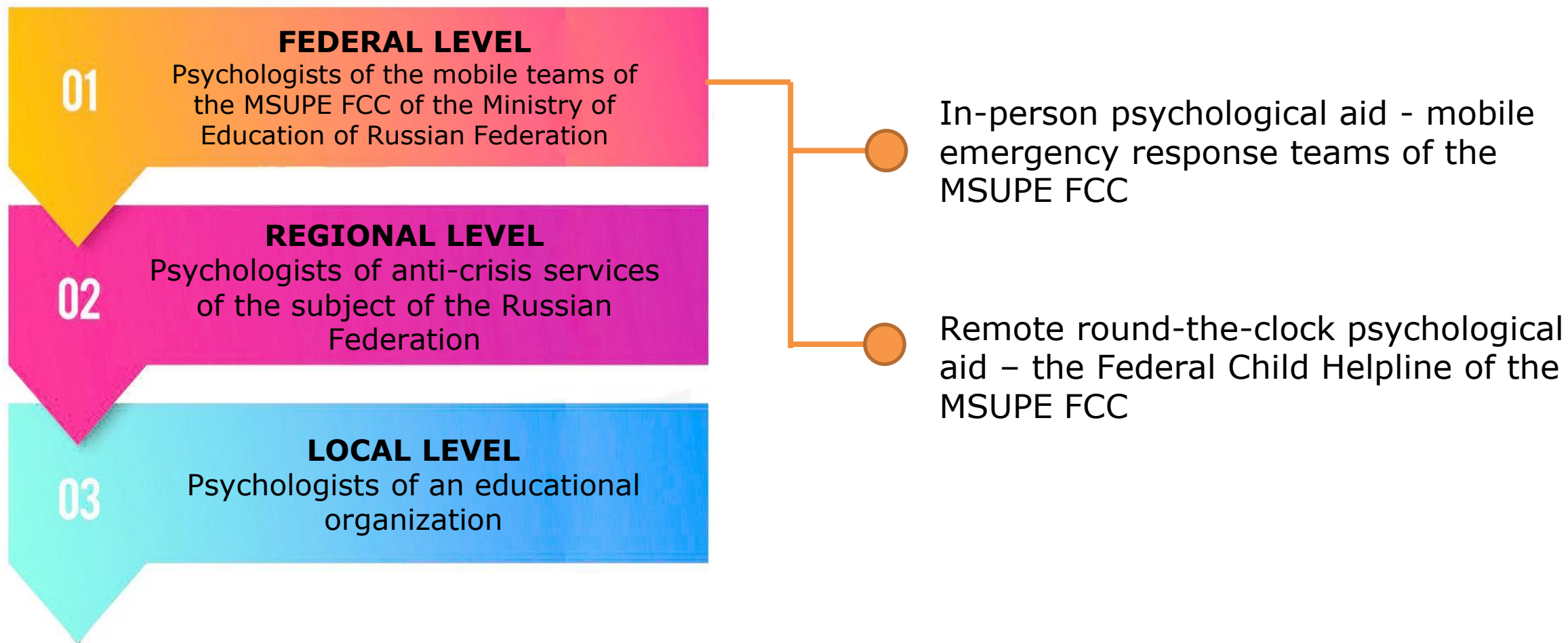
МИНИСТЕРСТВО ПРОСВЕЩЕНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ

Psychological service in education system of Russia



Federal Coordination Center for Provision of Psychological Services in Education System of Russia





Provision of emergency and crisis psychological aid by specialists of the MSUPE FCC



More than

40

visits

in 2022-2023 to temporary accommodation of internally displaced persons

More than

600

Participants of educational process

in 2022-2023 received emergency psychological aid as a result of armed attacks and high-profile cases

More than

350

Participants of educational process

in 2022-2023 were provided with psychological aid in the zone of special military operations and other territories of increased danger

More than

1000

Participants of educational process

in 2022-23 were provided with emergency and crisis psychological aid in temporary accommodation

Experience in emergency psychological aid

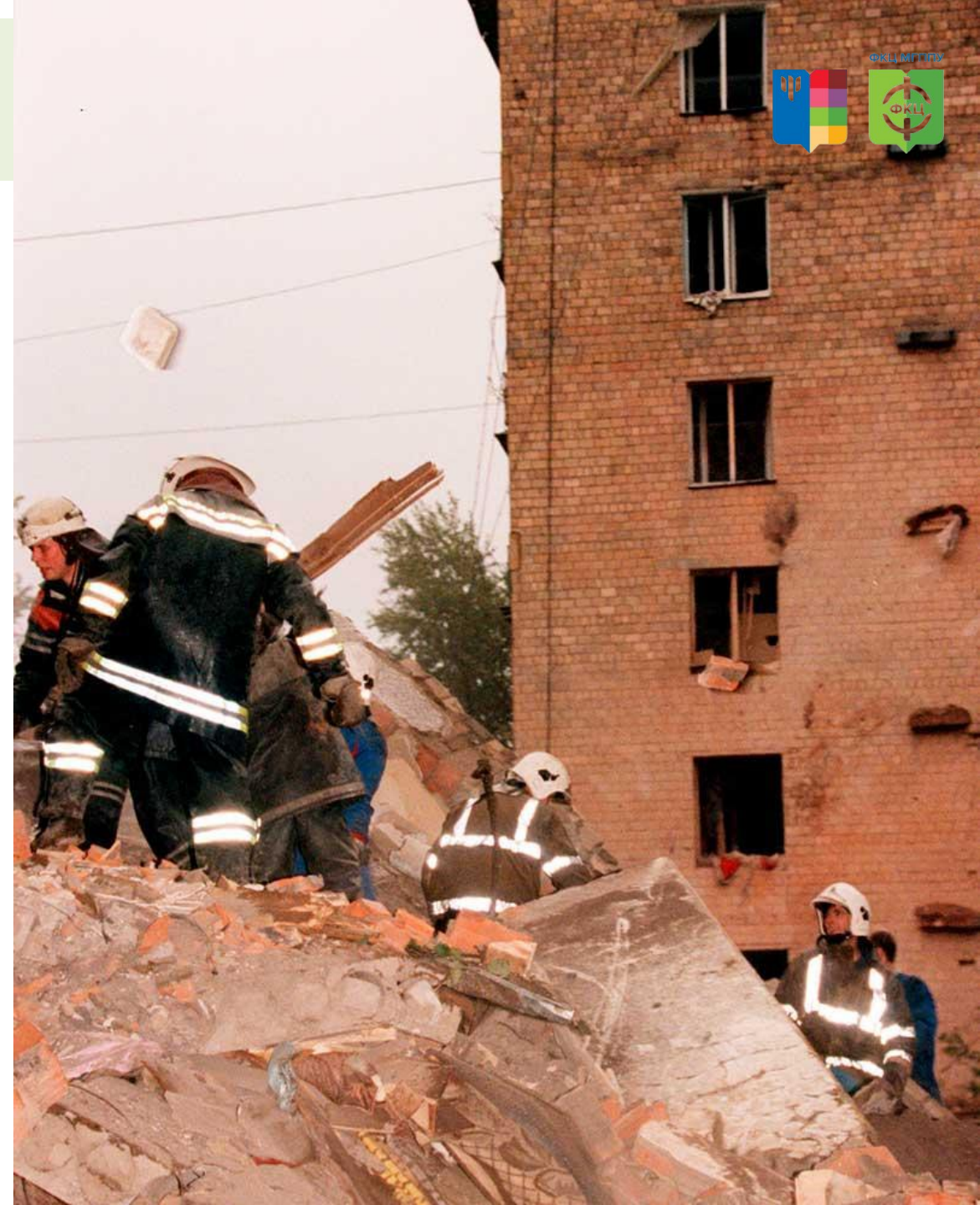
- Volgodonsk, 1999
- pos. Vidyaevo, 2001
- The Republic of Dagestan, 2002
- Essentuki, 2003
- Beslan, 2004
- Nadterechny district of the Chechen Republic, 2005
- South Ossetia, 2008
- Abkhazia, 2010



Experience in emergency psychological aid

in Moscow since 1999

- explosion of residential buildings (terrorist attacks, man-made accidents)
- explosions organized by terrorists: in the passage on Pushkinskaya Square; at the Tushinsky airfield; Rizhskaya metro station; on the metro train
- hostages of "**Nord-Ost**" on Dubrovka
- roof collapse in the "**Transvaal Park**"
- explosion in a residential building on Korabelnikov Street
- in Moscow hospitals after a fire at the "**Lame Horse**" restaurant in Perm
- in Moscow hospitals after explosions at Lubyanka and Park Kultury metro stations, Domodedovo Airport



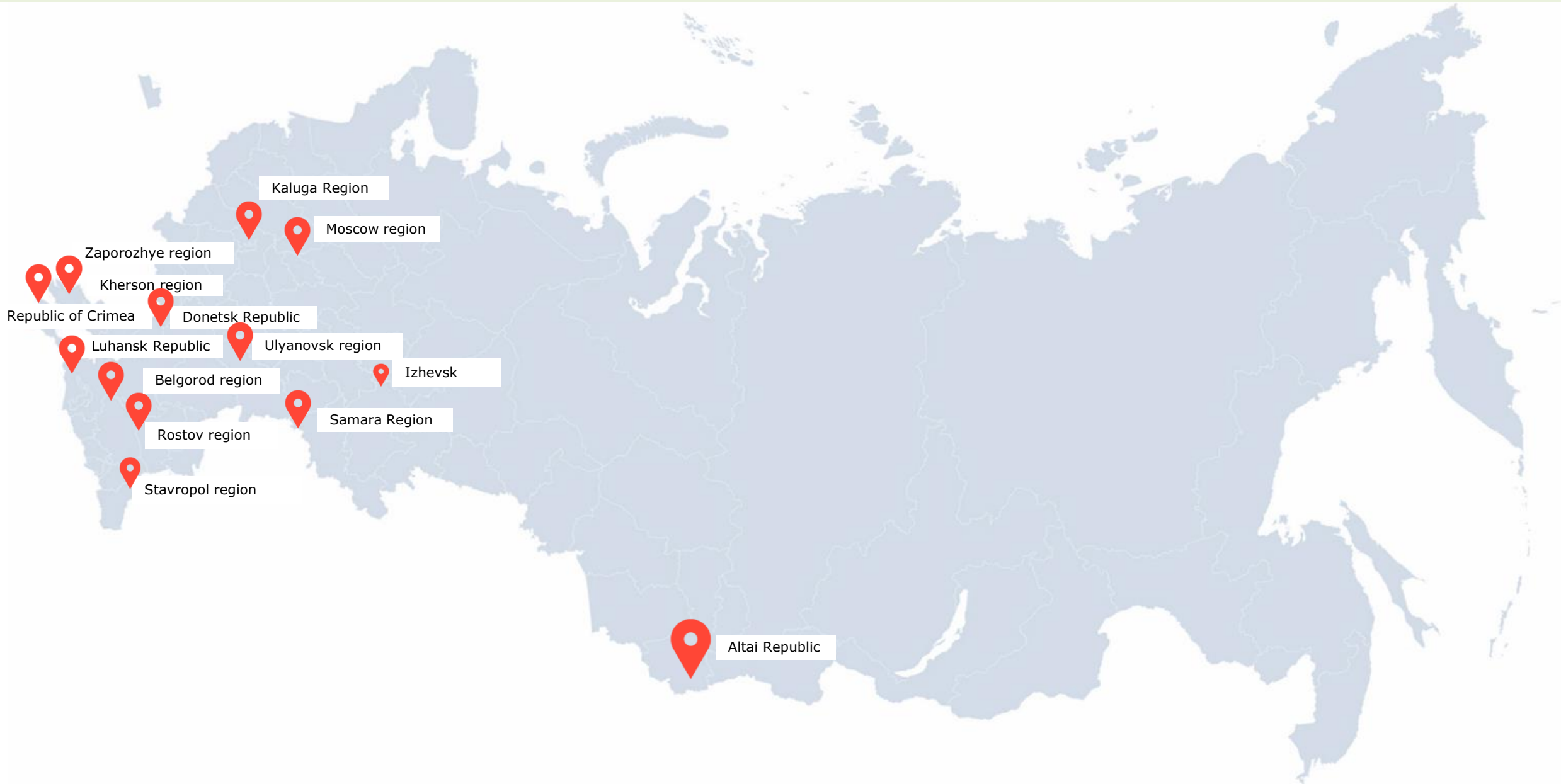
Experience in emergency psychological aid

in 2022-2023

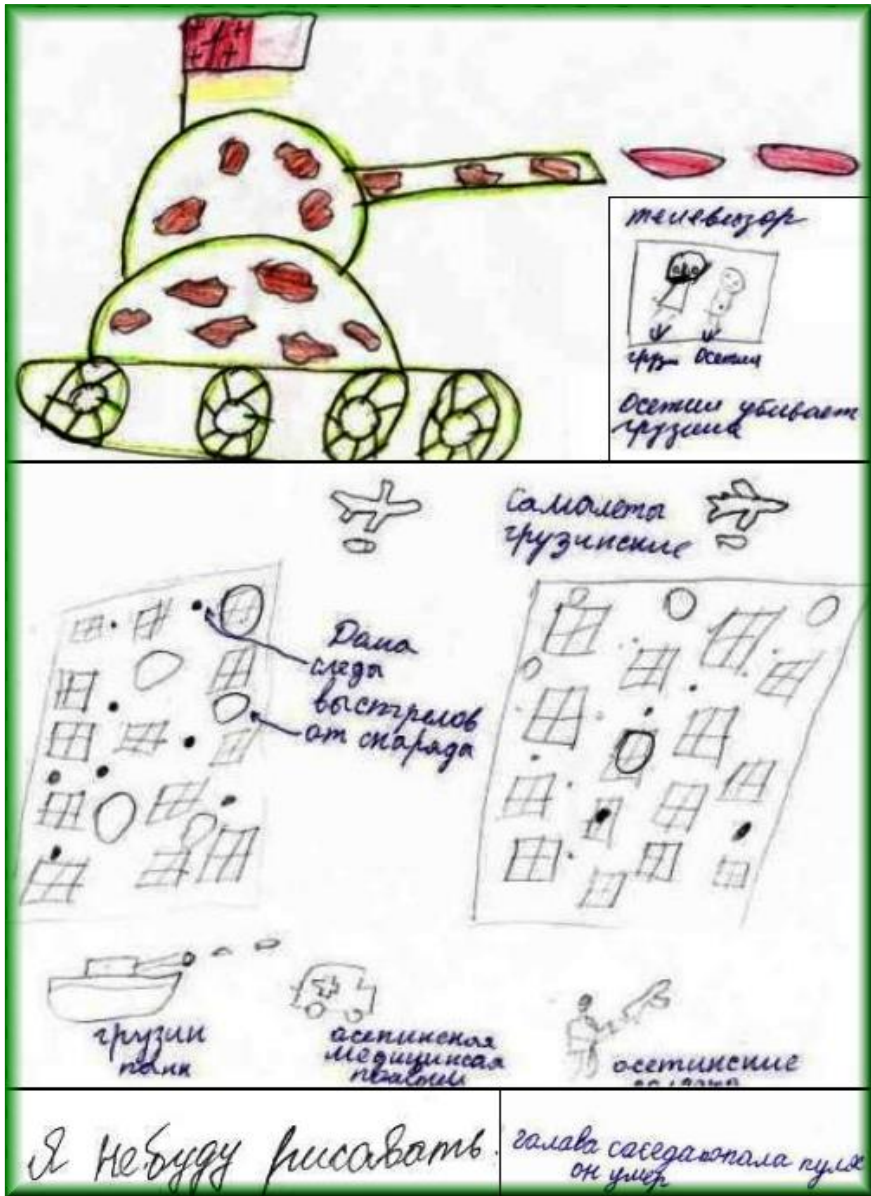
- explosion at the gymnasium of the Vvedensky Vladychny Monastery, 2021
- **shooting** at Gymnasium No. 175 in Kazan, 2022
- business trips on the territory of the **Kherson and Zaporozhye, Lugansk and Donetsk regions**, 2022-2023
- attack on pupils and employees of the kindergarten (Ulyanovsk region), 2022
- Belousovo, Kaluga region, 2021
- shooting in Izhevsk of the Udmurt Republic of school No. 88, 2022
- Temporary accommodation for minors of internally displaced persons, in the **Rostov region, Belgorod region, Moscow Region, Krasnodar Territory and the Republic of Crimea**, 2022-2023



Provision of emergency and crisis psychological aid by FCC specialists in 2022-2023



Psychological aid in South Ossetia, 2008



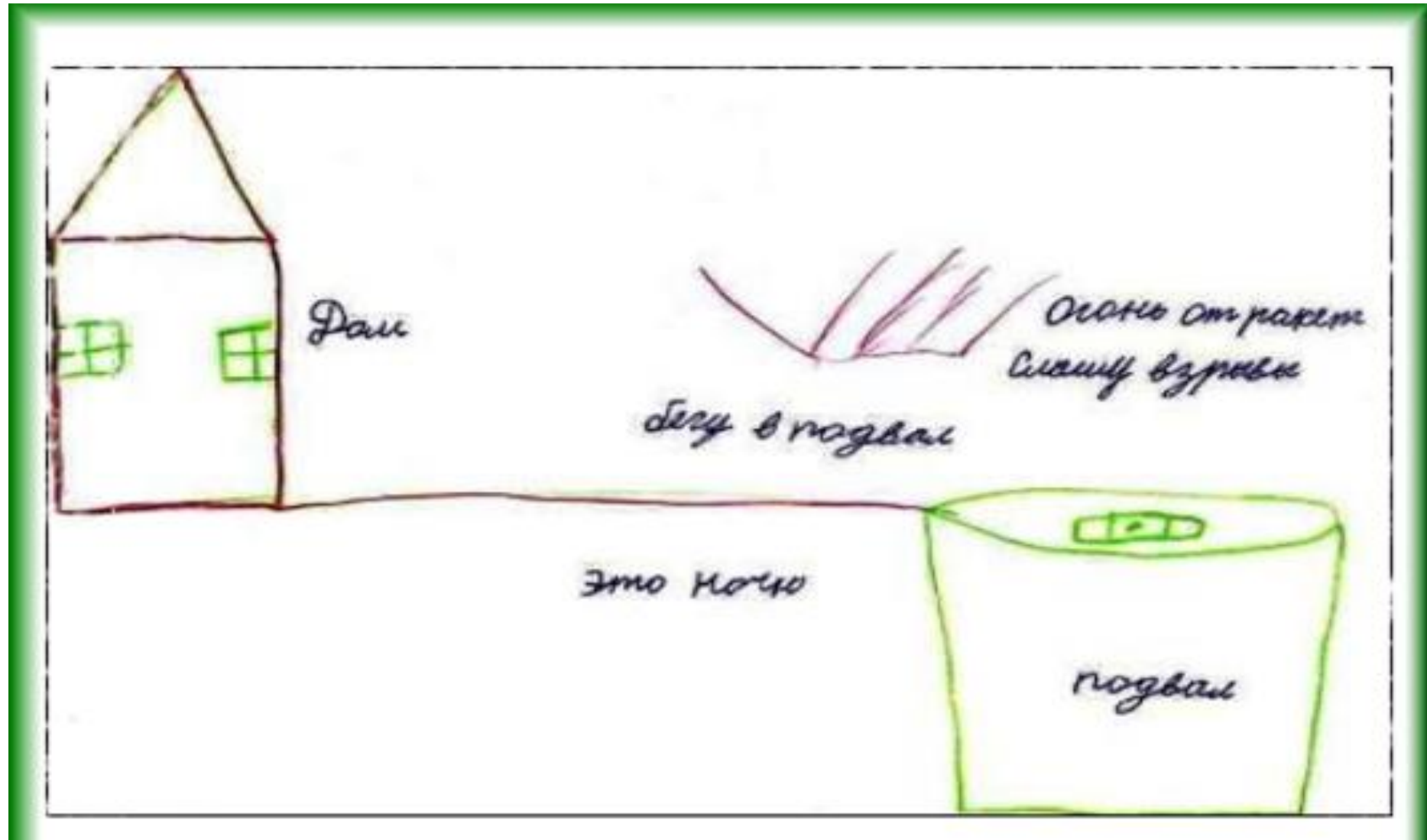
«... We left on August 7 for Vladikavkaz. The strongest fear was when they were shooting. I was worried so much about my mother. When she left, snipers were shooting. Mom has become nervous, she doesn't sleep well...

Psychological aid in South Ossetia, 2008



«... It's scary when I go to bed... I'm afraid it will start again...»

Psychological aid in South Ossetia, 2008



Drawing of children on the topic "Consequences of war"

Provision of psychological aid in temporary accommodation of the Tuapse district, 2023



«... At such moments, there is no one to share your pain with... Everyone is scared here...It's good that you've come...»

Provision of psychological aid in temporary accommodation in Anapa, 2022



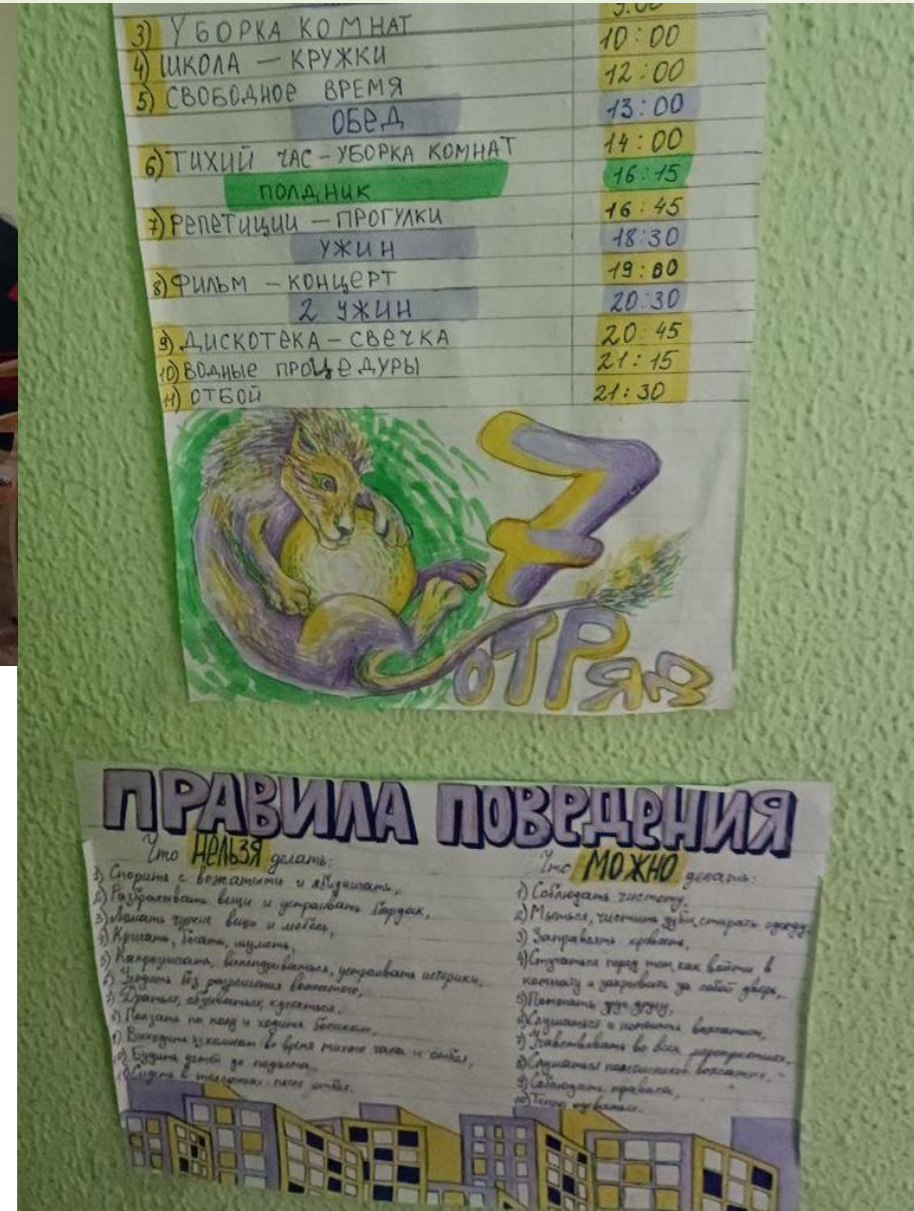
«... I just want to live at home again... I don't want bombs and planes flying...»

Provision of psychological aid in temporary accommodation in Sergiev Posad, 2022



«... Psychologists helped me to believe again that I could have a future...»

Provision of psychological aid in temporary accommodation in Republic of Crimea, 2022



«...I dream that everything will be as it was before...»

Psychological aid for the temporary accommodation of Zaporozhye Region, 2022



"... It is very difficult to cope with anger... I am angry at those who kill my relatives..."

Psychological aid for Veshkayma, Ulyanovsk Region, 2022



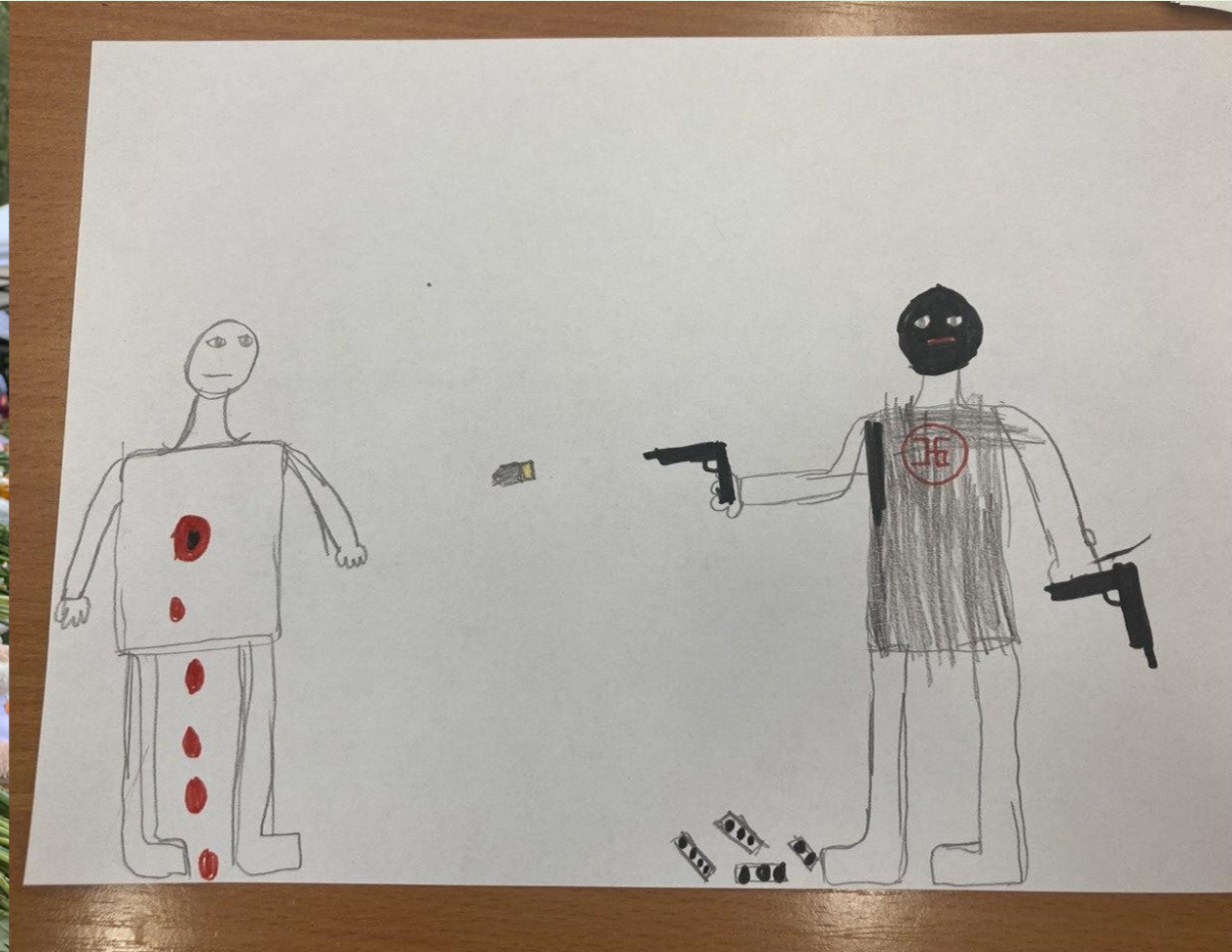
*"... It's so scary to face
the fact that children are
dying..."*

Psychological aid for Izhevsk, 2022



"Painful to realize that my friends cannot be returned..."

Psychological aid for Izhevsk, 2022



"... I'm always scared now...I'm afraid to leave the house..."

Psychological aid for Izhevsk, 2022



"... I don't want to go back anymore... to this school... For me it is with those children forever ..."

Psychological aid for the temporary accommodation of Belgorod



"... Even in the most terrible conditions, a kid remains a kid..."

Activities of the Federal Child Helpline of the MSUPE FCC

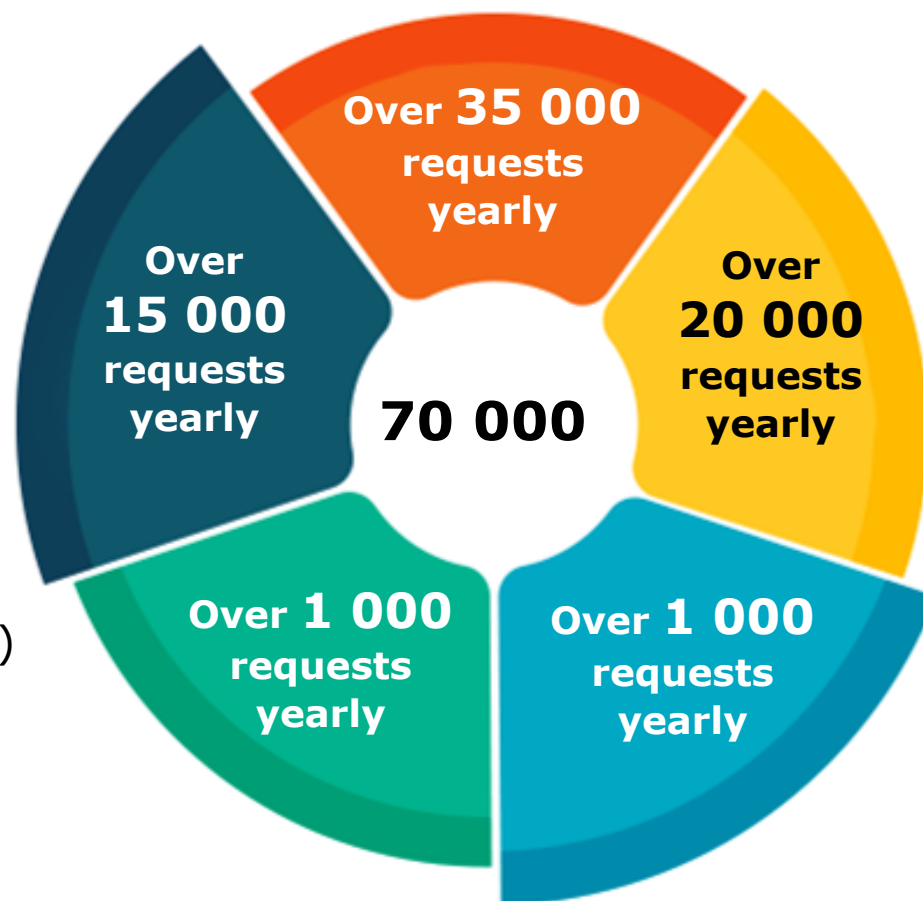


All-Russian Child Helpline
for children and parents
8-800-2000-122

Crisis Helpline for psychological
aid to minors and their parents
(legal representatives) of the
Ministry of Education of the
Russian Federation
8-800-600-31-14

Chat and phone counseling in the
project of providing psychological,
pedagogical, methodological and
counseling services to parents
(legal representatives of children)
8-800-444-22-32 (add. 714)

The Helpline of Верное
направление (eng. Right Direction)
project provides psychological aid
to parents of seriously ill children,
including those with disabilities
8-800-303-303-0



The Helpline of the project
#МыВместе
(eng. WEARETOGETHER)
is focused on providing
psychological aid to families of
military mobilized men
8-800-200-34-11

"I loved her very much, really. And she posted our chat with her comments... I don't want to live anymore... It hurts so much that there is not enough air"

From the requests to the Child Helpline of the MSUPE FCC

Principles of the Child Helpline work



Anonymity

Neither the caller nor the counselor are required to identify themselves



Counselor can have a pseudonym, the caller can introduce himself by any name

Tolerance

Consultant shows respect to the caller



Privacy

Conversation and the caller's number are not recorded



Conversation is not shared with anyone

Conversation management

Caller can finish the conversation at any time



Professionalism

Counselor is a person with work experience who has passed professional selection and special training



The target group of the Federal Child Helpline of the MSUPE FCC



children and teenagers

61%



parents and representatives

28%



other persons
(relatives of children and teenagers, friends, teachers, educators and neighbors)

11%

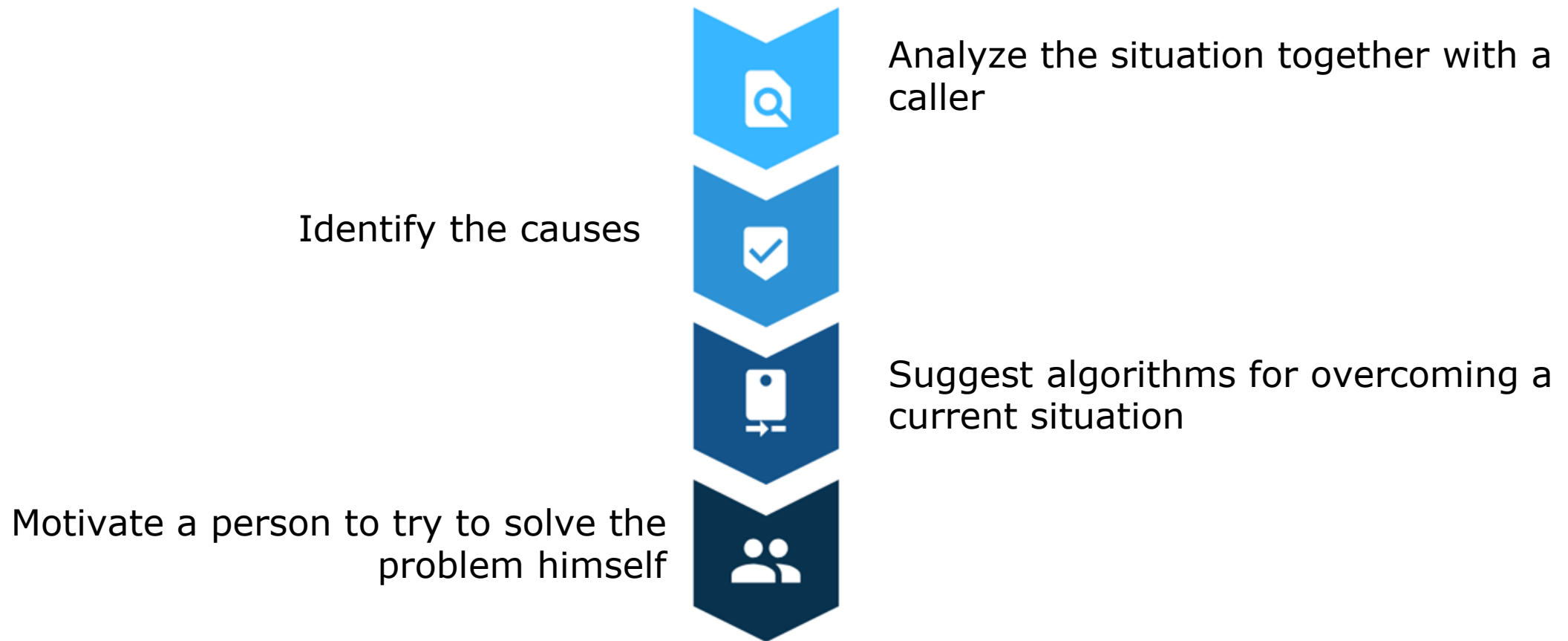
"People like me are called "nerds". In class, they treat me like some kind of slug: with disgust. It's better to die than go there again."

From the requests to the Child Helpline of the MSUPE FCC

The process of psychological work with a caller



The main task of a phone counselors' work is to relieve the severity of psychoemotional tension, the feelings that a caller is experiencing at the moment, and to protect a young or adult from reckless and dangerous actions



Activities of counseling psychologists for the Child Helpline



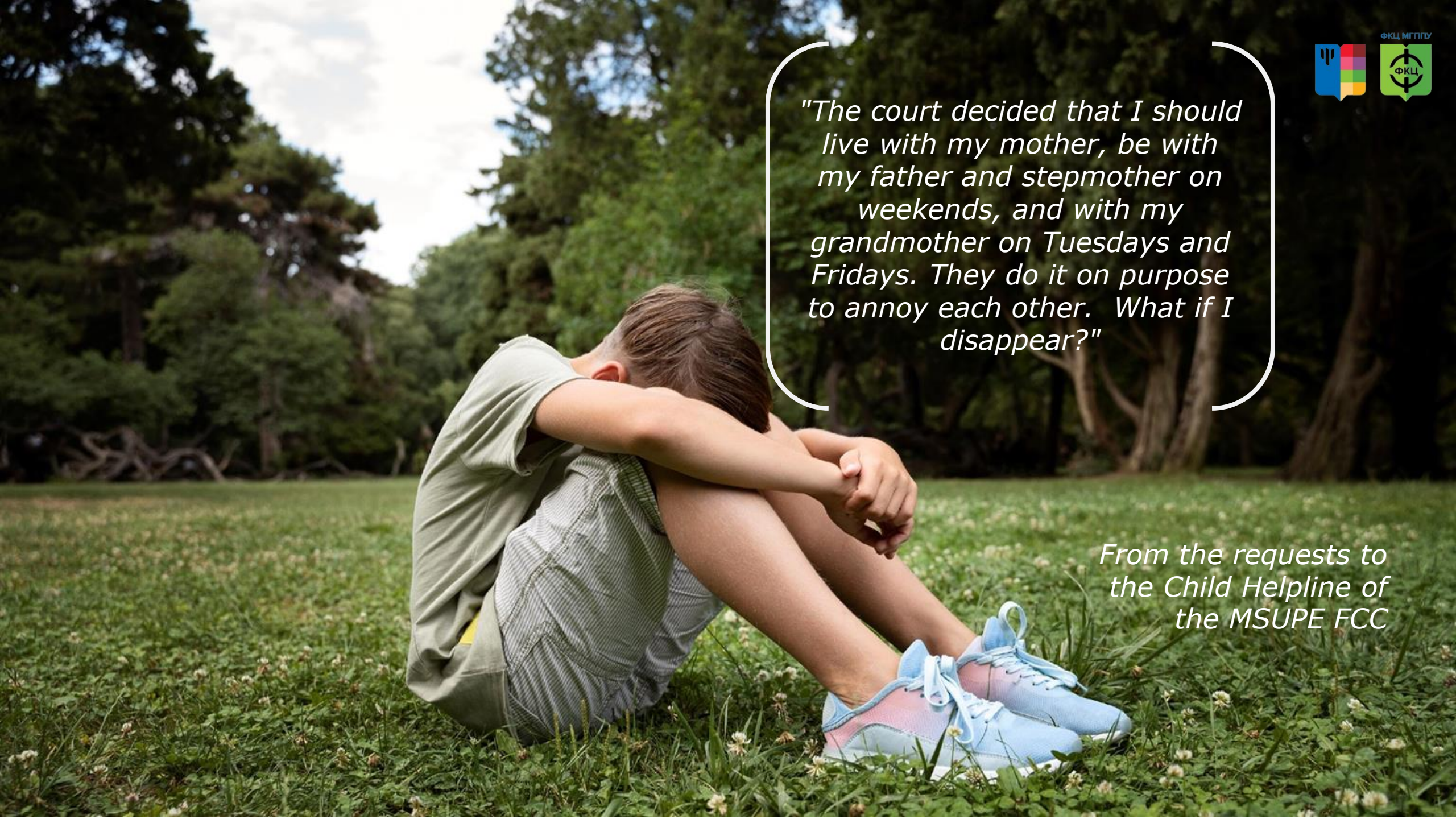
Provides psychological education and counseling

Provides recommendations on the education and upbringing of children to parents and educators

Counseling psychologist

Provides information on the activities of social and psychological services of the city

Provides emergency psychological aid and risk prevention

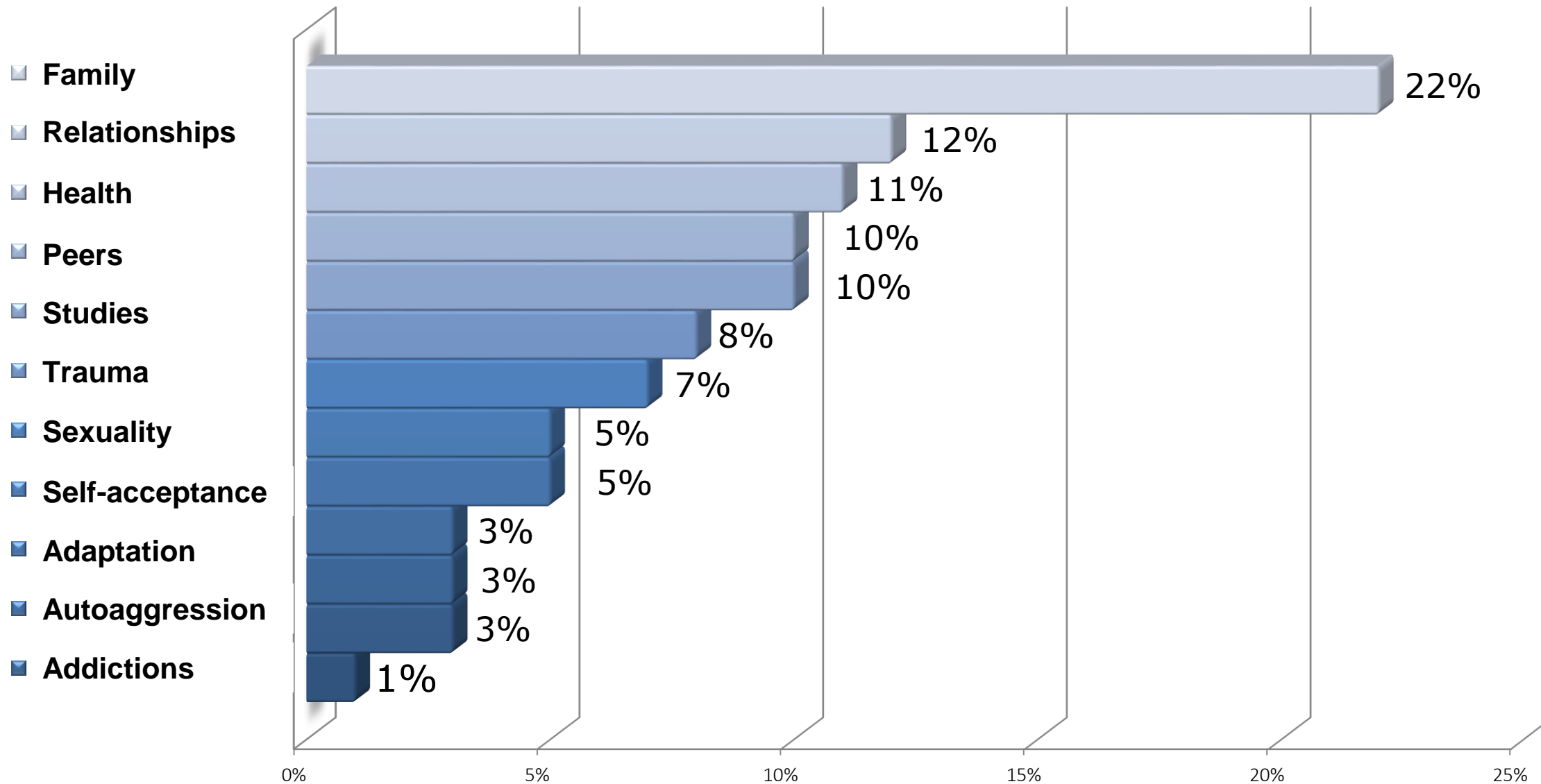


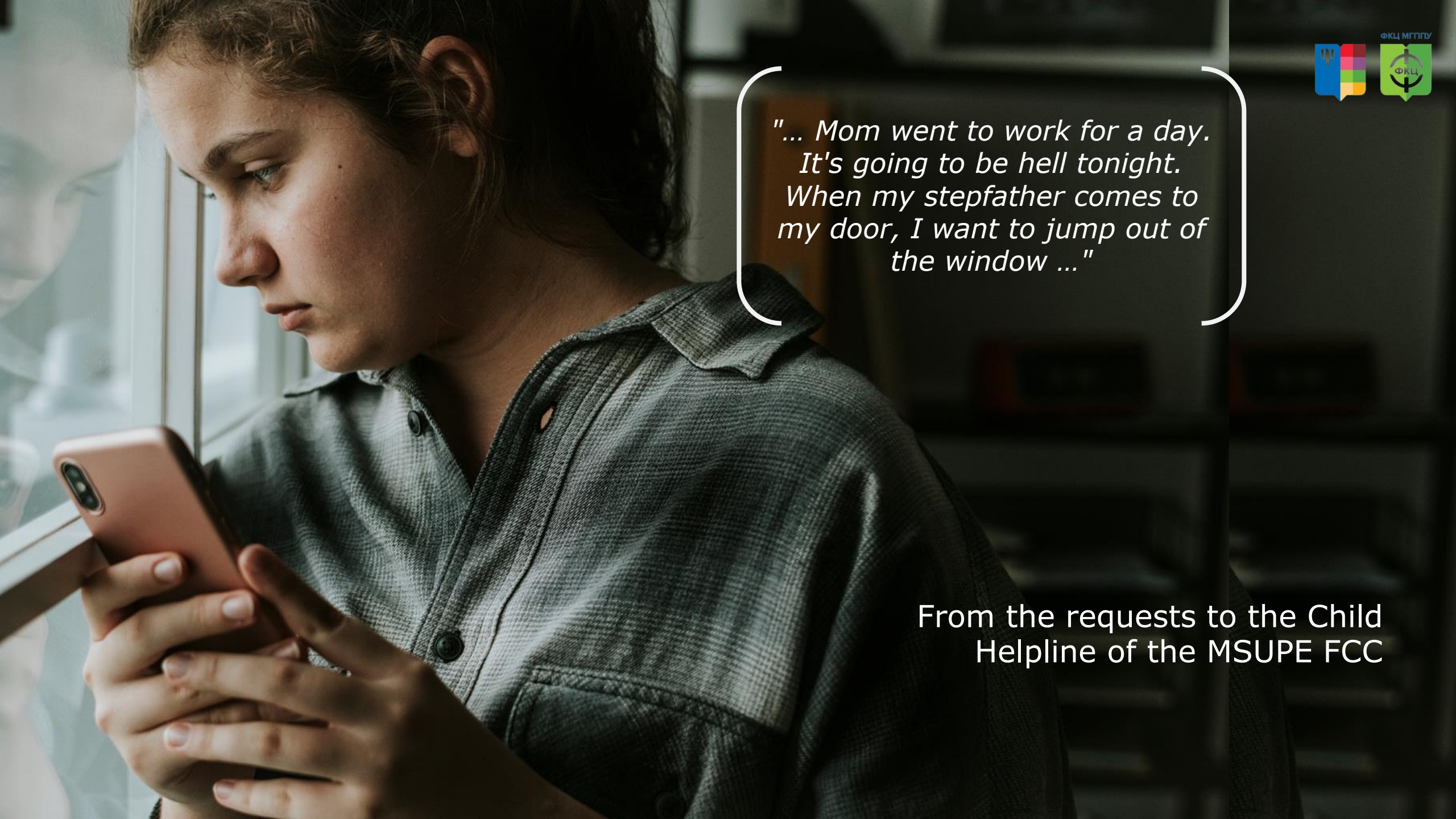
"The court decided that I should live with my mother, be with my father and stepmother on weekends, and with my grandmother on Tuesdays and Fridays. They do it on purpose to annoy each other. What if I disappear?"

From the requests to the Child Helpline of the MSUPE FCC



Requests to the Federal Child Helpline of the MSUPE FCC





*"... Mom went to work for a day.
It's going to be hell tonight.
When my stepfather comes to
my door, I want to jump out of
the window ..."*

From the requests to the Child
Helpline of the MSUPE FCC



Министерство
просвещения России



Департамент
образования и науки
города Москвы



Фонд поддержки детей,
находящихся в трудной
жизненной ситуации



Московский
государственный психолого-
педагогический Университет



ФКЦ по обеспечению
психологической службы в
системе образования РФ



МОСКОВСКИЙ ГОСУДАРСТВЕННЫЙ ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЙ УНИВЕРСИТЕТ

ФЕДЕРАЛЬНЫЙ КООРДИНАЦИОННЫЙ ЦЕНТР ПО ОБЕСПЕЧЕНИЮ ПСИХОЛОГИЧЕСКОЙ СЛУЖБЫ В
СИСТЕМЕ ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ

8 (800) 2000-122

8 (495) 624-60-01

ДЕТСКИЙ ТЕЛЕФОН ДОВЕРИЯ

Главная

Детям ▾

Родителям ▾

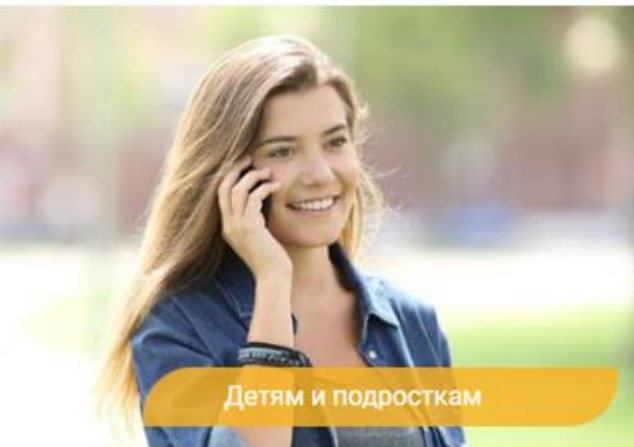
Специалистам ▾

Советы юриста ▾

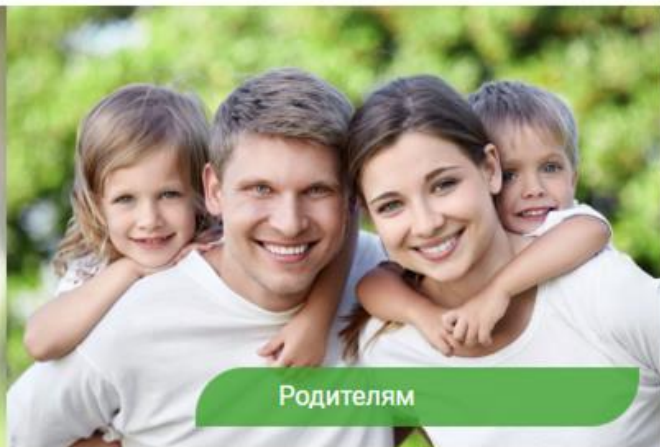
Новости

О нас ▾

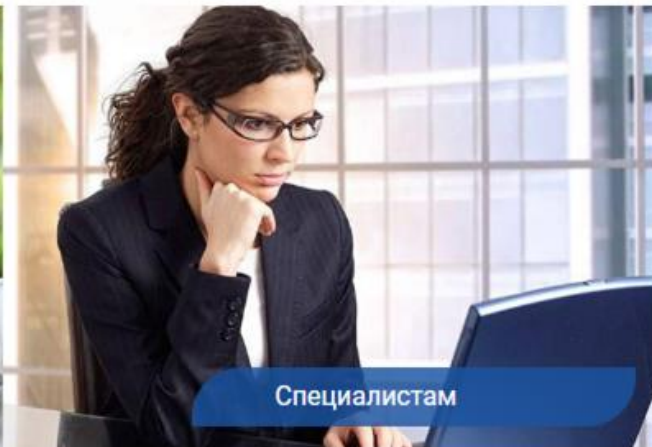
Контакты



Детям и подросткам



Родителям



Специалистам

The website of
the "Child
Helpline" of the
MSUPE FCC
for children,
adolescents, parents
and teaching staff



childhelpline.ru

С сентября 2008 года на базе
Федерального
координационного центра по
обеспечению психологической
службы в системе
образования ФГБОУ ВО
МГППУ функционирует сектор
дистанционного
консультирования «Детский
телефон доверия» (далее –
ДТД). Служба организована по
инициативе Правительства
Москвы, при поддержке
Департамента образования г.
Москвы.

В нашем городе круглосуточно работает Детский телефон доверия на базе Федерального координационного центра по обеспечению психологической службы в системе образования ФГБОУ ВО МГППУ – служба психологической помощи детям и подросткам. На телефоне работают опытные психологи, готовые помочь тебе решить те проблемы в твоей жизни, с которыми ты не можешь справиться самостоятельно.

Разговор с опытным специалистом может помочь:

- преодолеть плохое настроение и грусть;
- разобраться в отношениях с родителями, одноклассниками или учителями;
- лучше понять свои чувства и желания;
- обсудить личные проблемы, которыми ты не хочешь делиться с близкими людьми.

★ **Всероссийская добровольческая
онлайн-акция**

«Марафон доверия. 2023»
с 28 марта по 28 апреля

Творческие онлайн-марафоны и конкурсы

Расскажите друзьям о Детском телефоне доверия
8-800-2000-122



"... My father beats me for every bad grade. In this quarter, I have more bad grades. Now he's going to kill me for sure. It's better to kill myself..."

From the requests to the Child
Helpline of the MSUPE FCC

About the Child Helpline in the system of the National Child Helplines



МОСКОВСКИЙ ГОРОДСКОЙ ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЙ УНИВЕРСИТЕТ

ДЕТСКИЙ ТЕЛЕФОН ДОВЕРИЯ



Ты ищешь поддержку?
Тебе одиноко?
Не знаешь, какой сделать выбор?
Выход есть!

(495) 624-60-01
8-800-2000-122
БЕСПЛАТНО, АНОНИМНО, КРУГЛОСУТОЧНО!

БЕСПЛАТНО, АНОНИМНО, КРУГЛОСУТОЧНО!

8-800-5000-155
(495) 624-60-01

ВЫХОД ЕСТЬ!
НЕ ЗНАЕШЬ, КАКОГО СДЕЛАТЬ ВЫБОР?
ТЕБЕ ОДИНОКО?

8-800-2000-122



**ТЕЛЕФОН
ДОВЕРИЯ**
ДЛЯ ДЕТЕЙ, ПОДРОСТКОВ
И ИХ РОДИТЕЛЕЙ

Даже
СУПЕР
ГЕРОЯМ
ИНОГДА НУЖНА
ПОМОЩЬ!



8-800-2000-122 **БЕСПЛАТНО**
С ЛЮБОГО ТЕЛЕФОНА



8-800-2000-122

ТЕЛЕФОН ДОВЕРИЯ ДЛЯ ПОДРОСТКОВ

АНОНИМНО | БЕСПЛАТНО

"... My parents have a common business. I study at a private school and play tennis. Tutors all the time. I don't have any friends. Life is a lousy thing. loop - getting rid of everything at once..."

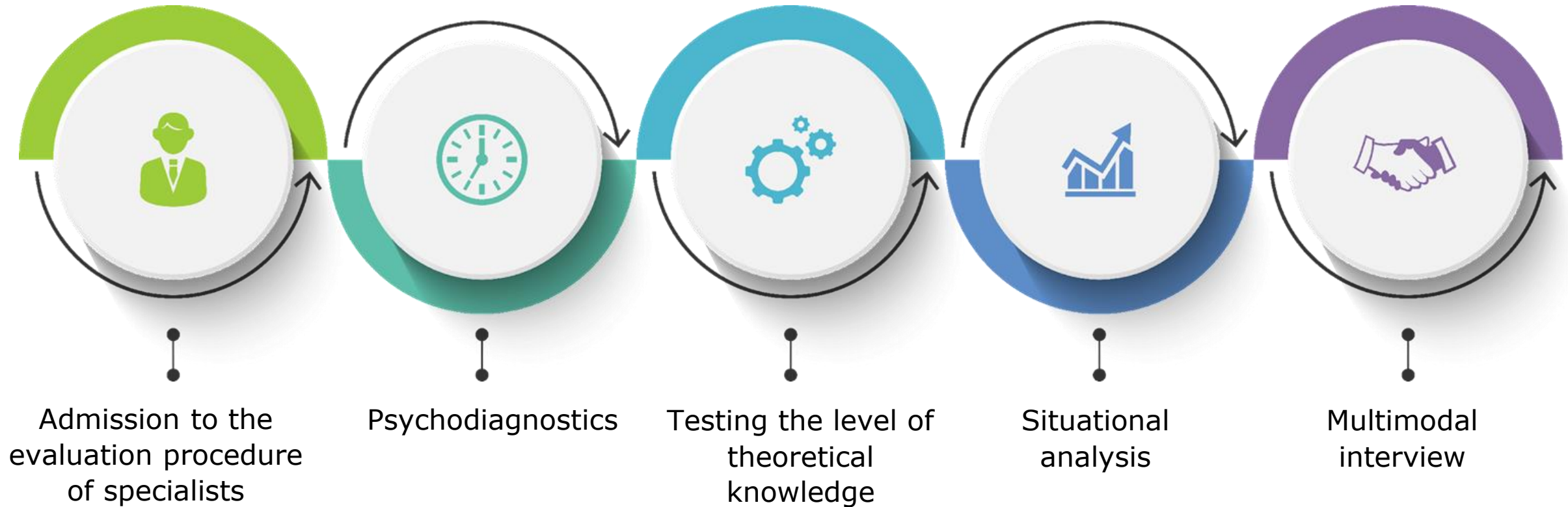
From the requests
to the Child Helpline
of the MSUPE FCC



Creation of the Federal Database of crisis psychologists in education



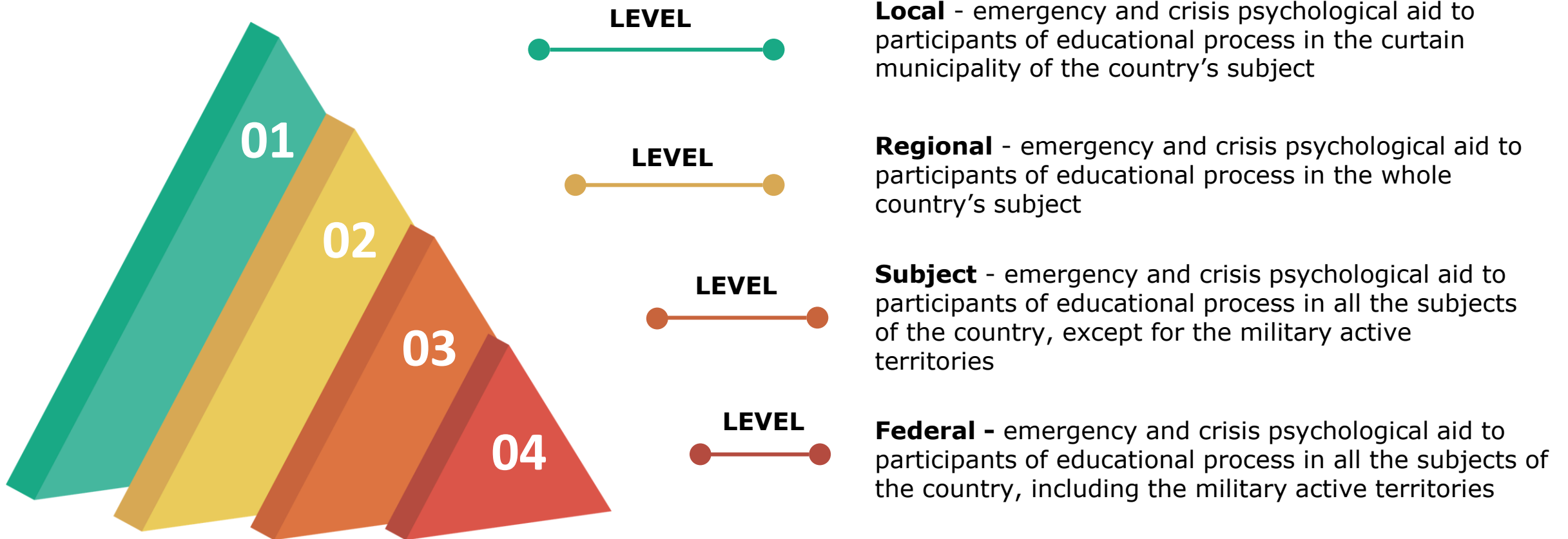
The procedure for evaluating psychological service specialists in the education system in order to form a Federal Database of psychologists in the field of education who have the competence to provide emergency and crisis psychological aid to participants of educational process



Creation of the Federal Database of Crisis Psychologists in education



As part of the assessment procedure (self-assessment) of psychological specialists in education, multi-level teams of the database psychologists with competencies in providing emergency and crisis psychological aid are formed

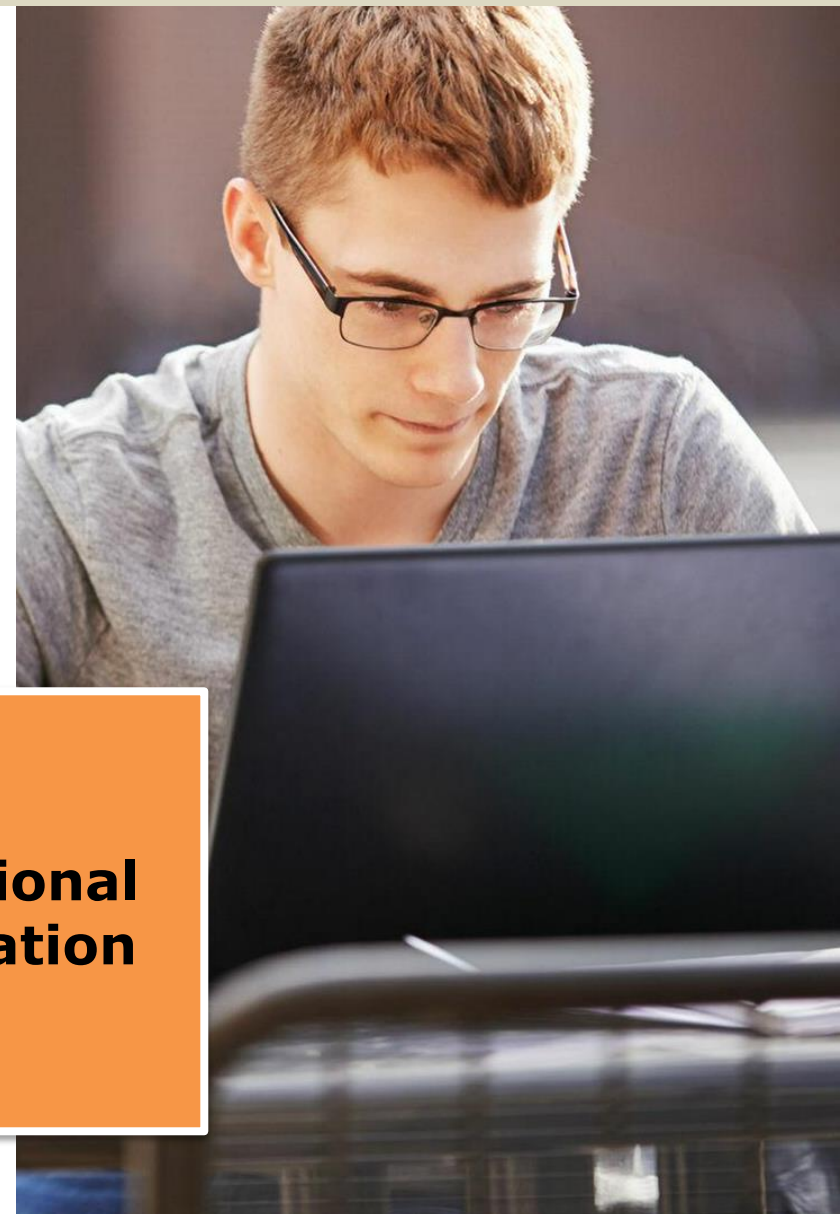


The system of training and education of specialists, providing emergency and crisis psychological aid

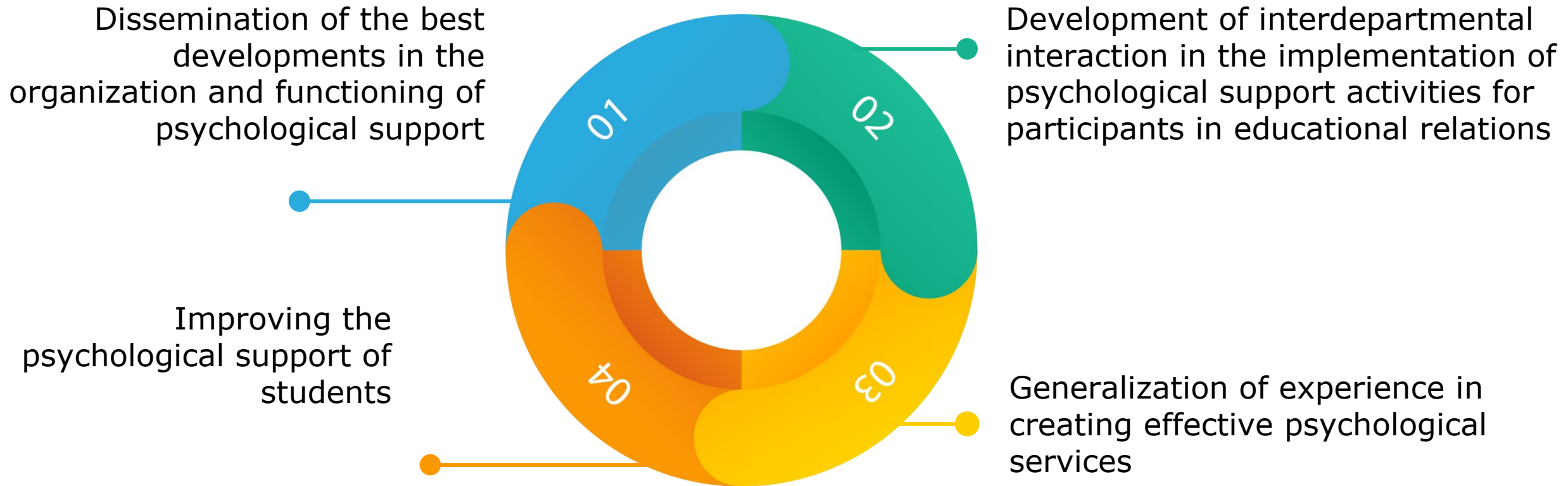


**Master's degree program
"Emergency psychological
assistance to children and
parents in the education
system"**

**Programs of additional
professional education**

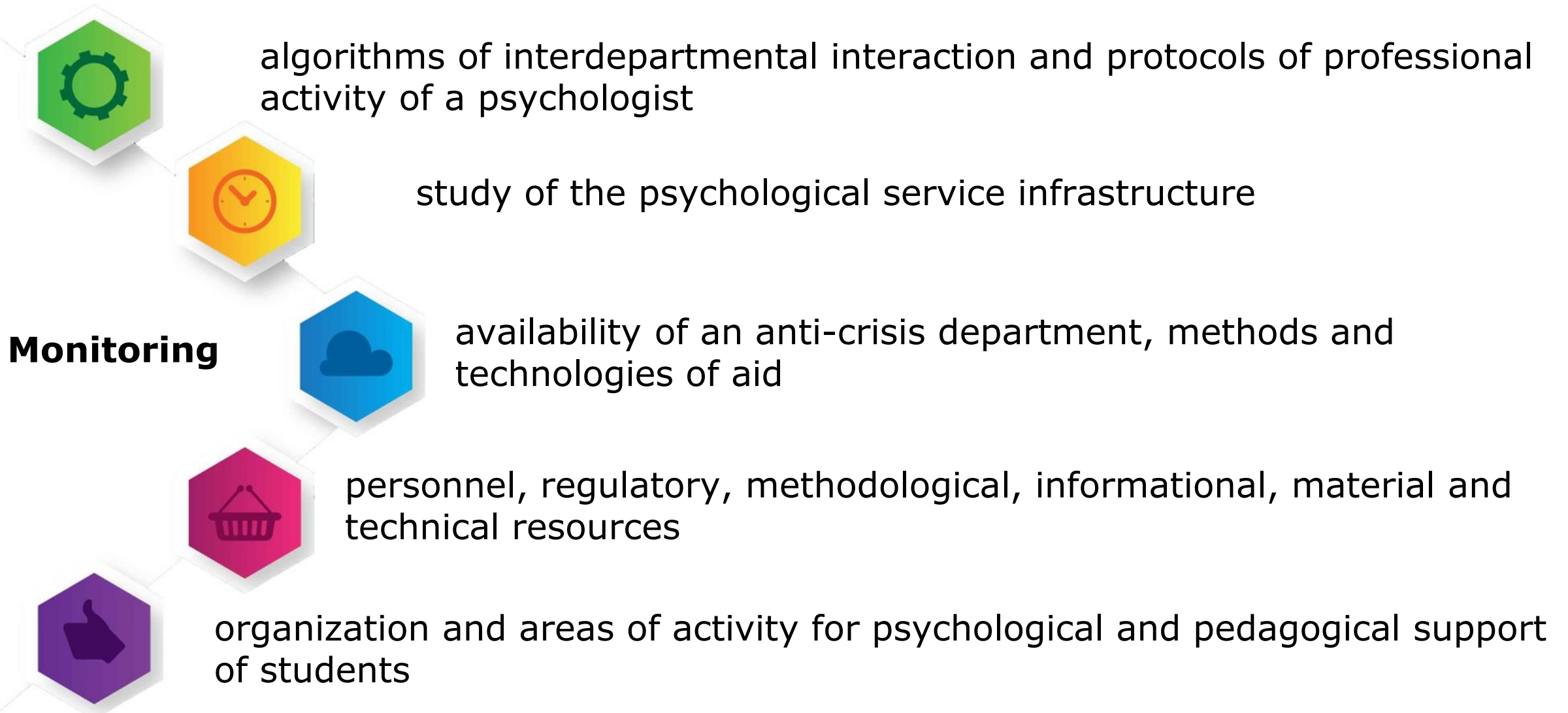


National competition of regional models of psychological service in the education system



The competition forms a unified space for the activities of the psychological service in the education system of the Russian Federation, which contributes to improving the efficiency and competitiveness of Russian education

Monitoring of the effectiveness of the psychological service in the education system is carried out to continuously assess the quality and accessibility of psychological aid



Improving the activities of the psychological service in the education system, exchanging best regional developments, improving the quality and accessibility of psychological aid



The requirements for the workplace of an educational psychologist of a general education organization

Equipping the office of an educational psychologist of a general education organization

Zoning of the workspace



General requirements for the workplace

Requirements for the technical support of the workplace of an educational psychologist of a general education organization

Basic equipment of the educational psychologist's office



ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ
«МОСКОВСКИЙ ГОСУДАРСТВЕННЫЙ ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЙ УНИВЕРСИТЕТ»
ФЕДЕРАЛЬНЫЙ КООРДИНАЦИОННЫЙ ЦЕНТР ПО ОБЕСПЕЧЕНИЮ
ПСИХОЛОГИЧЕСКОЙ СЛУЖБЫ В СИСТЕМЕ ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ

Scientific and methodological support of psychological and pedagogical aid for educational activities



ОРГАНИЗАЦИЯ ДЕЯТЕЛЬНОСТИ ПО ОКАЗАНИЮ ЭКСТРЕННОЙ ПСИХОЛОГИЧЕСКОЙ ПОМОЩИ ОБУЧАЮЩИМСЯ В СИСТЕМЕ ОБРАЗОВАНИЯ

The methodological guide "Organization of activities to provide emergency psychological aid to students in education system" tells about Russian experience of providing emergency psychological aid, as well as about the main directions of psychological and pedagogical assistance for students in emotional state of crisis.

An important element of this guide is the presented algorithms of the educational psychologist's actions when working with parents and children in a state of crisis.



МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ ПО ОРГАНИЗАЦИИ И ПРОВЕДЕНИЮ МЕРОПРИЯТИЙ В ОБРАЗОВАТЕЛЬНЫХ ОРГАНИЗАЦИЯХ



Scientific and methodological support of psychological and pedagogical aid for educational activities



The sociocultural changes that are taking place in the modern world have an impact on the organization of festive events, but do not reduce their value and pedagogical significance. Holidays allow us to meet the needs of a person, bring them into harmony with the world around and themselves.

The methodological guide "Methodological recommendations for the event organization and conduct in educational organizations" covers the main questions of the preparation and conduct of events dedicated to holidays and memorable dates during the period of hostilities in educational organizations.

Taking into account the social, family situation, age-psychological characteristics of students, the technique of holding such events is described.



ФГБОУ ВО «Московский государственный
психолого-педагогический университет»



ФКЦ МГППУ



Федеральный координационный центр
по обеспечению психологической службы
в системе образования Российской Федерации

Scientific and methodological support of psychological and pedagogical aid for educational activities



The methodological guide "Conflicts, manifestation of the ideology of extremism and terrorism in a multicultural educational environment: causes and methods of prevention" describes the psychological and pedagogical conditions for the personal student's development in a multicultural educational environment, reveals the mechanisms of extremism and terrorism ideology spreading, considers the types of conflict situations among participants of educational process and ways of their resolution.

**Конфликты, проявление
идеологии экстремизма
и терроризма в поликультурной
образовательной среде:
причины возникновения
и методы профилактики**





ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ
«МОСКОВСКИЙ ГОСУДАРСТВЕННЫЙ ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЙ УНИВЕРСИТЕТ»
ФЕДЕРАЛЬНЫЙ КООРДИНАЦИОННЫЙ ЦЕНТР ПО ОБЕСПЕЧЕНИЮ
ПСИХОЛОГИЧЕСКОЙ СЛУЖБЫ В СИСТЕМЕ ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ

Scientific and methodological support of psychological and pedagogical aid for educational activities



ФОРМИРОВАНИЕ И ПОДДЕРЖАНИЕ ПСИХОЛОГИЧЕСКОЙ БЕЗОПАСНОСТИ ОБРАЗОВАТЕЛЬНОЙ СРЕДЫ



Учебно-методическое пособие



Москва
2022

The guide "Development and support of psychological safety in educational environment" describes the conditions that ensure the psychological safety of the educational environment. There are not only traditional areas of work on diagnosis, education and prevention described, but also on the development of the proper socio-political climate in educational collectives, the implementation of dialogic education techniques, the construction of a comprehensive system of emergency psychological aid to participants of educational process, etc.





МИНИСТЕРСТВО ПРОСВЕЩЕНИЯ РОССИЙСКОЙ
ФЕДЕРАЦИИ

ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО
ОБРАЗОВАНИЯ МОСКОВСКИЙ ГОСУДАРСТВЕННЫЙ
ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЙ УНИВЕРСИТЕТ

ФЕДЕРАЛЬНЫЙ КООРДИНАЦИОННЫЙ ЦЕНТР ПО
ОБЕСПЕЧЕНИЮ ПСИХОЛОГИЧЕСКОЙ СЛУЖБЫ В
СИСТЕМЕ ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ

НЕДЕЛЯ ПСИХОЛОГИИ В ОБРАЗОВАТЕЛЬНОЙ ОРГАНИЗАЦИИ

МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ



МОСКВА,
2022



Scientific and methodological support of psychological and pedagogical aid for educational activities



An annual practice (once in every six months) of holding a Week of Psychology in all educational organizations has been created and is being implemented. The conceptual and technological foundations of the Week of Psychology are defined and described as methodological recommendations for managers and psychologists of educational organizations.





МИНИСТЕРСТВО
ПРОСВЕЩЕНИЯ
РОССИЙСКОЙ
ФЕДЕРАЦИИ



МОСКОВСКИЙ
ГОСУДАРСТВЕННЫЙ
ПСИХОЛОГО-
ПЕДАГОГИЧЕСКИЙ
УНИВЕРСИТЕТ

2022

«Неделя психологии – 2022»
в общеобразовательных организациях
субъектов Российской Федерации



Москва, 2022

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Database of diagnostic, preventive, correctional and developmental programs



<p>Professional orientation program Route of Professional Choice (A.V. Seryakina., V.U. Ramzaeva)</p>	<p>Psychologist's work programs for pedagogical stuff "I want. I can. I am developing. STOP burnout" (E.S. Ivanova, A.V. Mojeiko, others)</p>	<p>Developmental psychological and pedagogical program Self discovering. Developing. Striving. (S.A. Ivanova, E.D. Timofeeva)</p>	<p>PMPC assessment technique for minors with disabilities and determination of conditions for the organization of individual psychological work (I.V. Pestova, N.A. Guriyanova, others)</p>
<p>Correctional and developmental program for 6-11 year-old children with violation of activity self-regulation (U.V. Eremina, A.A. Vesilyeva, others)</p>	<p>Correctional and developmental work program for the elementary school children I will listen! I will understand! I will communicate! (L.A. Islamova, I.V. Krayneva, others)</p>	<p>Program on the positive Self-concept development and positive emotional, structured future perception for elementary school children Every Day Magic (M.F. Sakulina, M.A. Udachina, G.A. Gromova)</p>	<p>Professional orientation program Route of Professional Choice (G.A. Seryakina., V.U. Ramzaeva)</p>
<p>Psychological and pedagogical technique of emotional and behavioral problems prevention in 6-10 year-old children by social skills learning Skilful Class (R.V. Chirkina, E.E. Boykina, others)</p>	<p>Teen theater as an activity technique of upbringing and developing of personal educational results (O.V. Rubtsova, T.A. Poskakalova, A.G. Solovyova)</p>	<p>Mathematical methods in psychology. Statistics and mathematical methods in psychological and pedagogical research (A.G. Sorokova)</p>	<p>Assistance program for the process of ensuring the social and psychological safety of adolescents in an educational organization (B.B. Belkina, O.A. Belyaeva, others)</p>

Adaptation, standardization of the psychological assessment methods



**Phillips' School Anxiety
Test**

**Assessment of the
psychological climate at
school by gifted middle
and high school students**

(E.I. Shcheblanova, S.O.
Petrova)

**J. Nutten's Motivation
Induction Method**

Questionnaire for assessing
behavior, emotional sphere
and relationships with peers
for children and adolescents

**Strong Sides and
Difficulties**

(R. Gudman)

**Diagnostics of the
imaginative thinking
development level: actions
of schematization, actions
of systematization, rule
action**

(L.A. Venger, R.I. Bardina)

**Diagnostics of the
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development level: actions
of schematization, actions
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(L.A. Venger, R.I. Bardina)

School Situation Method
(V.K. Zaretsky, A.B.
Kholmogorova)

**Method of the general
learning ability
assessment for 6-7 year-
old children**

(U.V. Ulyenkova,
modification of N.U.
Boryakova)

**Assessment of the
psychological climate at
school by gifted middle
and high school students**
(E.I. Shcheblanova, S.O.
Petrova)

**Scale of needs violated in
ostracism
(teenagers, youth)**

**Scale of subjective
ostracism
(teenagers, youth)**

**Scale of communicative
skills assessment**
(A.V. Khaustov, E.U.
Davydova)

**Method of express
assessment of intellectual
abilities in 6-7 year old
children**
(E.I. Shcheblanova)

Scientific and methodological support for psychological and pedagogical assistance of educational process



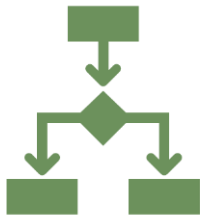
The program of comprehensive psychological and pedagogical support for students in difficult life situations in the process of intercultural communication
"I am in the world and the world is in me"

The program goal: the creation of organizational and psychological conditions aimed at the development of intercultural communication among students who are in a difficult life situation, through the formation of strategies of coping behavior.

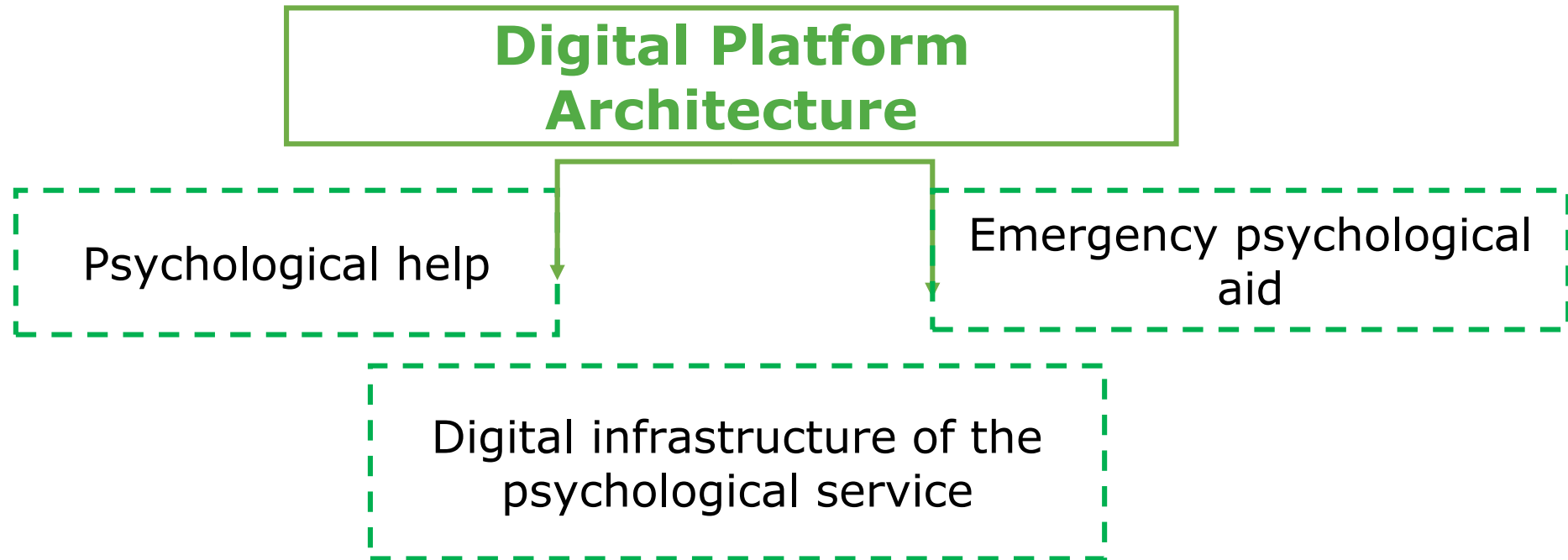
The target group: underage students (from 1st to 11th grades), who are in a difficult life situation, students of general educational organizations.



Digital platform designed to provide psychological aid to minors, their parents (legal representatives)



Digital platform designed to provide psychological aid to minors, their parents (legal representatives) within the framework of the national project "Education"



Functional directions of the Digital Platform



Providing round-the-clock psychological aid to students, their parents (legal representatives)

Improving the availability and quality of psychological care

Development of ethical standards for the provision of digital aid

Online and chat counseling

Phone psychological aid

Psychological education

Psychological prevention

Psychological correction

Creation of a digital infrastructure of a psychological service in the education system

Network of service specialists (interdepartmental and inter-level)

Automation of processes in key areas of activity of educational psychologist

Development of uniform standards of psychological aid and the creation of digital database of psychological assessment, correction, prevention tools

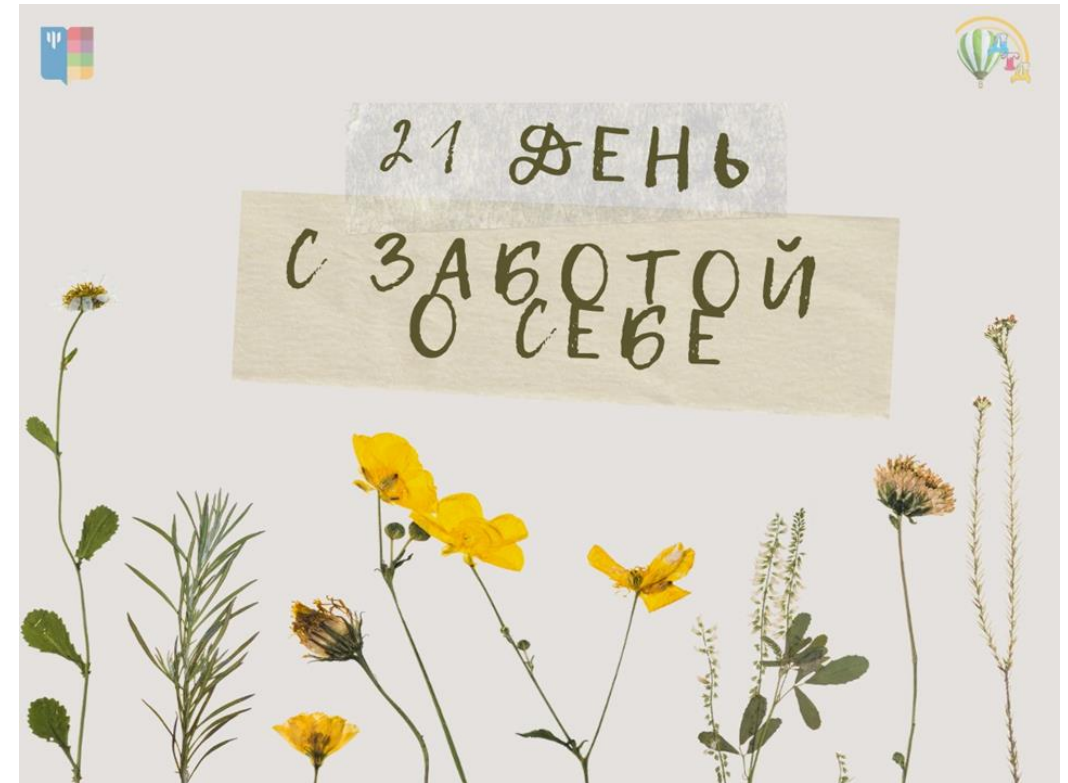
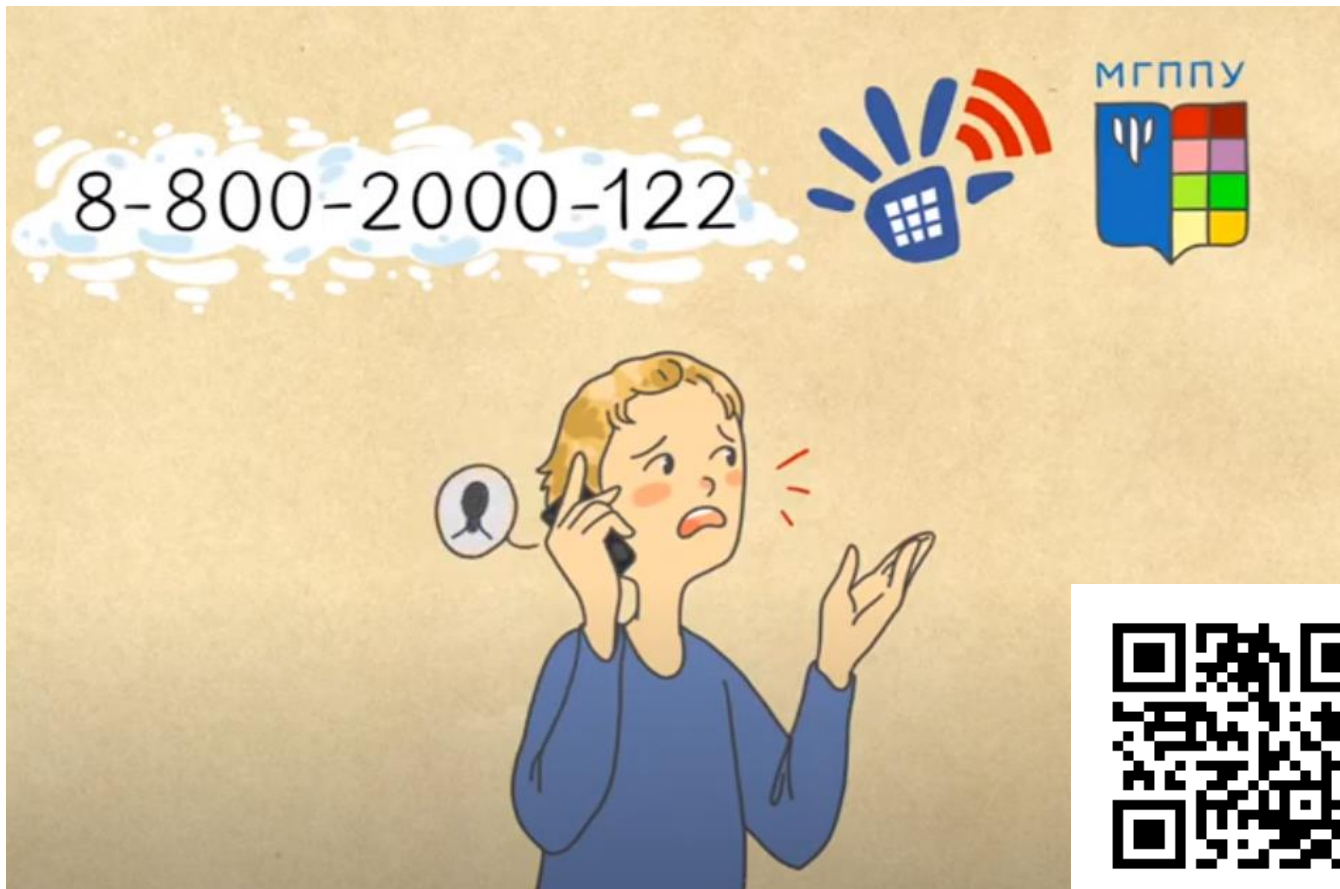
Fixation of the results of psychological and pedagogical aid to participants of educational process and the possibility of prolonged psychological aid

Automation of processes in key areas of activity of educational psychologist

Popularization and informing people about the possibilities to get psychological and pedagogical, including emergency psychological aid



Animated video for children about the work of the MSUPE Child Helpline



Child Helpline's campaign "21 days of self-care"

Popularization and informing people about the possibilities to get psychological and pedagogical, including emergency psychological aid



ЗВОНИ!

8-800-600-31-14

ИНОГДА В ЖИЗНИ МОГУТ ПРОИСХОДИТЬ СОБЫТИЯ, С КОТОРЫМИ СЛОЖНО СПРАВИТЬСЯ САМОМУ. ТЫ МОЖЕШЬ БЫТЬ В СМЯТЕНИИ И НЕ ЗНАТЬ К КОМУ ОБРАТИТЬСЯ ЗА ПОМОЩЬЮ И ПОДДЕРЖКОЙ.

ИНОГДА ПОДДЕРЖКА РОДНЫХ И ДРУЗЕЙ МОЖЕТ БЫТЬ НЕДОСТУПНА. ПОРОЙ, БЫВАЮТ ТАКИЕ СИТУАЦИИ, КОГДА НЕ ХОЧЕТСЯ ДЕЛИТЬСЯ С НИМИ СВОИМИ ПЕРЕЖИВАНИЯМИ.

У ТЕБЯ ЕСТЬ ВОЗМОЖНОСТЬ ПОЗВОНИТЬ ПО ТЕЛЕФОНУ, РАССКАЗАТЬ О СВОИХ ЧУВСТВАХ, ПРОБЛЕМАХ И ПОЛУЧИТЬ ПОМОЩЬ ПСИХОЛОГОВ, КОТОРЫЕ ПОДДЕРЖАТ И ПОМОГУТ СПРАВИТЬСЯ СО СВОИМ СОСТОЯНИЕМ И НАЙТИ ВЫХОД ИЗ СЛОЖИВШИХСЯ ТРУДНОСТЕЙ.

Мы работаем круглосуточно,
бесплатно, у нас анонимно и
безопасно.

8-800-600-31-14

**МЫ РАБОТАЕМ
КРУГЛОСУТОЧНО,
БЕСПЛАТНО, АНОНИМНО.**



**НЕ ОСТАВАЙТЕСЬ
НАЕДИНЕ СО СВОИМИ
ПРОБЛЕМАМИ!**

Находясь в кризисной жизненной ситуации, сложно самому справиться со своими эмоциями и переживаниями, кажется, что найти выход, решить проблему невозможно.

Не знаешь к кому обратиться за помощью и поддержкой.

В моменты, когда с родными или друзьями нет возможности поговорить или не хочется, чтобы о некоторых ситуациях или эмоциональном состоянии знали кто-либо из близкого окружения, можно позвонить на горячую кризисную линию для оказания психологической помощи по номеру 8-800-600-31-14

**СПЕЦИАЛИСТЫ ВЫСЛУШАЮТ
ВАС И ОКАЖУТ
ПРОФЕССИОНАЛЬНУЮ
ПОМОЩЬ И ПОДДЕРЖКУ**

- когда происходят события, с которыми не справиться в одиночку
- когда нет возможности выговориться близким
- когда не знаешь, к кому обратиться за помощью

ПОЗВОНИ

8-800-600-31-14

**ПСИХОЛОГИ РАБОТАЮТ
КРУГЛОСУТОЧНО, БЕСПЛАТНО,
АНОНИМНО**



Guides for children, parents, psychologists and teachers, developed by the MSUPE specialists



Министерство просвещения России | Московский государственный педагогический университет

ПАМЯТКА ДЛЯ ДЕТЕЙ И ПОДРОСТКОВ
ПРИ КРИЗИСНЫХ СОСТОЯНИЯХ

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ПАМЯТКА ДЛЯ ПЕДАГОГОВ ПО
ОКАЗАНИЮ ПСИХОЛОГИЧЕСКОЙ
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Role-playing game for Sberbank Life Insurance, 2023



СБЕР СТРАХОВАНИЕ

Как пробудить интерес ребенка к занятиям?

А. Сосредоточить внимание на интересах дочери, потому что у подростка могут резко меняться увлечения. Рассмотрите варианты новых секций, учитывая её стремления. [Подробнее](#)

Б. Девочка еще несовершеннолетняя, а значит и выбирать хобби не может. Нужно записать дочку на занятия, даже если она будет недовольна.

В. Оставить выбор за дочерью. Если она не хочет ходить на занятия, не стоит ее заставлять. Это ее жизнь и решение.

СБЕР СТРАХОВАНИЕ

Конечно, гаджеты стали обязательной частью для нас и наших детей. Они нужны для учёбы, общения, просмотра контента. Но что делать, если гаджеты «захватили» ребенка..?

Дальше

СБЕР СТРАХОВАНИЕ

Я даже слышала, что она рассказывала подруге о нашей ссоре и...

Что же случилось?

The game is designed for parents in order to help them cope with difficult situations they face when raising children. The parent can choose options for how to warn and tell the child about a difficult situation that may occur.