

Guide to **mental health resources and support services for youth in Slovenia**, covering helplines, school programs, university support, community initiatives, and targeted services

1. Helplines & Crisis Support (Free & Confidential)

- **TOM Telefon (116 111)** – Free, anonymous psychosocial support for children and young people via phone, e-mail, and chat. Available daily from 12:00 to 20:00. [Zveza prijateljiev mladine Slovenijehelplineinternational.org](https://zveza.prijateljiev.mladine.slovenijehelplineinternational.org)
 - **Samaritan Helpline (116 123)** – A 24/7 confidential call service for people in distress. [Univerza v Ljubljani Wikipedia](https://univerza.v.ljubljani.wiki)
 - **Klic v duševni stiski (Mental Distress Line)** – Open daily from 19:00 to 7:00; counselors trained to support individuals with suicidal thoughts or general distress (01 520 99 00). [Wikipedia](https://en.wikipedia.org/wiki/Klic_v_du%C5%A1evni_stiski)
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2. School & Educational Programs

- **“To sem jaz” (“This Is Me”)** – A national programme by the National Institute of Public Health offering school-based resilience- and mental health-building initiatives. Recognized as best practice by the OECD and WHO. [Niz+1](https://niz+1.si)
 - **Slovenian Healthy Schools Network** – For 30 years, schools have promoted mental, physical, social, and environmental health through engagement of students, parents, and teachers. [Niz](https://niz.si)
 - **SPARK Project (IPES Institute)** – Innovative, gender-sensitive mental health awareness and resilience-building tailored to elementary schools, including creative digital interactive formats (treasure hunts, digital escape rooms, etc.). [IPES Inštitut](https://ipesinstitut.si)
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3. University Mental Health Support

- **University of Ljubljana (UL)** — Offers emergency psychiatric services in Ljubljana and Maribor as well as ongoing support via faculty-based counseling centers. Available services include:
 - **Psychological Counselling Centre (Faculty of Arts)**: Free individual psychosocial support.
 - **OMRA Programme**: Awareness workshops on mental health.
 - **POSVET Counselling**: Free nationwide psychological counseling.
 - **Youth Help Centre**: Free counseling in Ljubljana and Maribor.
 - **Altra Association**: Self-help groups, residential group programs, free counseling.
 - **Online Platforms**: “Nisi okej, povej naprej,” “To sem jaz – kam po pomoč?”, “ŽIV? ŽIV!,” and **DAM** (lists of mental health professionals and self-help tools). [Univerza v Ljubljani](https://univerza.v.ljubljani.si)

- **University of Nova Gorica** – Participates in the anti-stigma campaign "Aren't you okay? Tell me more." Emergency numbers: (01 520 99 00) and (116 123); support via Posvet network (info@posvet.org, svetovalnica@nijz.si). ung.si

4. Broader Youth & Social Support Organizations

- **Zveza prijateljev mladine Slovenije (ZPMS)** — Runs:
 - **TOM Telefon** (see above);
 - **“A wink to the sun”** – Free holidays and break weeks for socially disadvantaged children.
 - **Blue Station** – A support and educational center delivering life-skills training to children, youth, and professionals. Zveza prijateljev mladine Slovenije
- **Moja mavrica** – Offers peer support, LGBTQ+ affirming psychosocial counseling, support groups, community events, and education. mojamavrica.si
- **Youth Network No Excuse** – Advocates for youth health and environment, operating via local units across Slovenia. noexcuse.si
- **ZIPOM** – A coalition of NGOs promoting children's rights and supporting NGO development. Zveza prijateljev mladine Slovenije

5. Counseling, Emergency & Inclusive Services

- From **UL**: Crisis helplines and emergency psychiatric services across Ljubljana and Maribor, plus evening and after-hours access. Univerza v Ljubljani
- **Posvet Psychological Counselling Centre** – Free, no referral needed, short waiting — for adolescents facing life transitions, loneliness, hopelessness, etc. (Ljubljana; call 031 704 707). lesarska.sclj.si
- **Kameleon Society** – Free, anonymous e-counseling for youth. lesarska.sclj.si
- **Škatlica Institute** – Offers 10 free online Zoom counseling sessions for youth. lesarska.sclj.si
- **Association Youth Help Centre** – Safe, confidential, voluntary, and free counseling for ages 15–29. lesarska.sclj.si

Quick Summary Table

Category	Services & Organizations
Helplines & Crisis	TOM, Samarijan (116 123), Mental Distress Line (01 520 99 00)
School Programs	“To sem jaz,” Healthy Schools Network, SPARK
University Support	UL faculty counseling, OMRA, POSVET, Altra, Nova Gorica support (Aren't you okay campaign)

Category	Services & Organizations
Youth & Community Programs	ZPMS (Blue Station, holiday programs), Moja mavrica (LGBTQ+), No Excuse, ZIPOM
Counseling Services	Posvet, Kameleon, Škatlica Institute, Youth Help Centre

Final Thoughts

Slovenia offers a rich and diverse ecosystem of mental health support tailored to youth—from crisis intervention and school-based resilience programs, to inclusive community services addressing LGBTQ+ and neurodiverse needs. Whether someone is seeking immediate help during a distressing moment or longer-term emotional support and skill-building, there are robust, accessible, and often free services available.

Helplines & Crisis Support

- **TOM Telefon** (for children & youth) →  116 111 | [Website](#)
- **Samaritan Helpline** →  116 123 (24/7, for anyone in distress)
- **Klic v duševni stiski** (Mental Distress Line, Ljubljana) →  01 520 99 00 (daily 19:00–7:00)



School-Based Programs

- **To sem jaz** (This is Me) → [National Institute of Public Health – NIJZ](#)
- **Slovenian Healthy Schools Network** → [NIJZ Schools Programme](#)
- **SPARK Project (IPES)** → [IPES Institute](#)



University Support

- **University of Ljubljana** → [Mental Health Support](#)
 - Free counselling (Faculty of Arts, POSVET, OMRA)
 - Altra self-help groups
- **University of Nova Gorica** → [Student Mental Health Info](#)



Youth & Community Programs

- **Zveza prijateljev mladine Slovenije (ZPMS)** → [Official site](#)
 - TOM Helpline, Blue Station, holiday camps for disadvantaged children
- **Moja mavrica** (LGBTQ+ support) → [Website](#)

- **No Excuse Slovenia** (health & environment advocacy) → [Website](#)
 - **ZIPOM NGO Network** → [Projects info](#)
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Free & Local Counselling

- **Posvet Counselling Centre** →  031 704 707 | [Website](#)
- **Kameleon Society** → [Free e-counselling](#)
- **Škatlica Institute** → 10 free Zoom sessions | [Info](#)
- **Youth Help Centre** (ages 15–29) → [Details here](#)

Slovenia offers a rich network of mental health resources for youth—whether you're in immediate crisis, looking for everyday support, or seeking inclusive community spaces. These include:

- **Immediate help:** TOM (116 111), Samaritan (116 123), and after-hours distress line (01 520 99 00).
- **Student-oriented support:** Psychosocial counselling, emergency clinics, and UL's OMRA and POSVET programs.
- **Community & identity-based support:** Through platforms like DAM and Moja Mavrica.