Family counseling center
Social isolation
Lack of counseling
Domestic violence, alcoholism
Stress, Depression
Fear
Anxiety

19.4% of respondents were under stress
57.4% felt depressed,
41.9% felt hopeless,
41.7% household tension,
26.9% reported an increase in conflicts
Decreased stability and functionality of families, instability in family relationships

Intensified parental conflicts during and after divorce

Increasing number of children with behavioral disorders and addictions

Rising domestic violence

**Growing number of older people with anxiety, stress and loneliness**

Growing number of seniors and the associated demands on their working relatives (children)

Weak prevention program

Absence of relevant and affordable counseling network

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Slovakia is facing numerous complex challenges in the areas of mental health care, accessibility of professional services for caregivers of individuals with disabilities, elderly people, those at risk of poverty, low financial literacy, etc. We have insufficient access to support services, lack of coordinated and targeted prevention programs.

The Ministry of Labor, Social Affairs and Family was trying to gather all possible information and data and came up with a project aimed at providing FREE COUNSELING to individuals in resolving family, marital, and interpersonal problems and strengthen mental health of children, adults and elderly people.
FAMILY COUNSELING CENTER

GOAL OF THE PROJECT

**IMPROVE**
family relationships, manage conflicts

**PROVIDE**
sufficient, professional, psychological, social, and legal support and guidance to families, individuals

**STRENGTH/SUPPORT/PREVENTION**
mental and emotional health

TYPE OF SERVICES

- **Psychological**
  - Psychological support
  - Family/Children therapy
  - Personal counseling
  - Support to families with disable member

- **Social**
  - Available social benefits
  - Help with employment
  - Improve living conditions
  - Cope with crisis situation

- **Legal/Economical**
  - Legal support – pre divorce situation, divorce
  - Marital property
  - Debt problems
  - Problems with family finances

Target groups

- Individuals
- Couples
- Children
- Seniors 55+
- Families in general
WHAT IS BEING DONE

FAMILY COUNSELING CENTER - PILOT

In 2022 pilot family counseling centers were selected in 5 cities based on specific demographic and social characteristics/indicators such as: low education, income, unemployment, divorce rate.

Each FCC has a team of psychologists, social workers, lawyers and other consultants.

Data from most used services 2022-2023

2022-2023
- 1669 clients
- 6771 consultation

2024
- 508 clients
- 1676 consultation
Our next goal is to open and expand the network which will cover whole Slovakia, so we are talking about 46 Family counseling centers.

The challenges we are facing is to find and attract more dedicated specialists and their retention.

The plan is to employed 123 psychologists and 146 other specialists / social workers, prevention specialists, regional coordinators, lawyers, back office etc./

We also need to work more on publicity, various prevention work, training and further education of professionals.
MENTAL HEALTH OF ELDERLY PEOPLE

We observe a 50% increase of clients in each of the current FCC, mostly among those in productive age and a 15% increase in consultation for people 55+.

International level

- Madrid International Action Plan on Aging and in the Regional Implementation Strategy
- UN guidelines on integrating aging issues into the mainstream of political interest and solutions (2021)
- Decade of Healthy Aging, declared by the UN General Assembly in December 2020 for the years 2021-2030

National strategy of ageing

- Employment of people 55+
- Active involvement in society
- Affordable psychological support
- Publicity of active agein
Thank you for your attention.