



UNIwersytet
Warszawski

Centrum Pomocy Psychologicznej UW

Support group for LGBTQ+ individuals

The group is aimed at students at the University of Warsaw who, due to their gender identity or psychosexual orientation, may experience particular stress, tension or anxiety. Non-heteronormative, non-binary or transgender people face many challenges, such as the process of disclosure and self-acceptance, experiences of discrimination, rejection by their peer group or family of origin. For this reason, LGBTQ+ individuals may experience minority stress – a particular type of tension related to their personal and social situation, which is exacerbated by the systemic discrimination that still exists in our country and the lack of solutions to support, for example, the transition process.

We especially invite people who:

- would like to find support from others and better understand their experiences,
- feel lost or lonely,
- find it difficult to form close friendships or romantic relationships,
- would like to talk about their feelings about coming out or, more broadly, minority stress,
- are facing dilemmas around their identity or psychosexual orientation,
- are facing difficulties around the transition process,
- are experiencing other difficult emotions related to their family or social situation.

Who is it for: students at the University of Warsaw

When: Mondays 10:00 a.m. – 12:00 p.m., CPP UW (Ochota Campus, ul. Pasteura 7), room 103

Duration of the group: from October/November 2025 to June 2026

Composition: up to 8-10 people

Email registration with the group leader, Dr Anna Mach-Żebrowska: am.mach@uw.edu.pl.

Before joining the group, the leader invites you to individual consultations.