

Nepanikař (Don't Panic)

Digital psychological first-aid app and online counselling platform for young people

Aims and Objectives

Nepanikař aims to improve young people's access to immediate, low-barrier mental health support, particularly where professional services may be difficult to access or stigmatized. It provides self-help tools for anxiety, depression and suicidal ideation, and for the Czech users it also facilitates referral to professional support when needed and promoting help-seeking.

Implementation highlights

- **Volunteer-led workforce:** the primary counseling is delivered by trained Free mobile app (iOS/Android) with psychoeducation, coping tools and a directory of mental health services for each country, available in 18 languages.
- Free online counselling available through the companion website (in Czech and Slovak).
- Counselling centre staffed by trained volunteers providing support to individuals experiencing acute psychological distress.
- Clinical content developed with mental health specialists.
- School and university outreach activities through trained student volunteers.

At a glance



Sub-clinical care
Targeted prevention
Univ. Prevention



Target audience

Children, adolescents and young adults (ages 8+); usable by anyone in psychological distress



Delivery settings

Digital - mobile app



Objectives

- Improve access to psychological first aid for young people
- Provide immediate self-help for anxiety, depression and suicidal ideation
- Connect users to professional support when needed



Costs

Free or charge for end users



Professionals involved

Psychologists; trained crisis counsellors; student volunteers for outreach in schools



Leading organization:

Nepanikař, z.s. founded by Veronika Kamenská (Masaryk University)



Countries

Czech Republic; app also used in Slovakia, Poland, France, Russia, Germany, UK, Italy



Tools and resources

- Download the app [here](#) or visit nepanikar.eu;
- Open-source code repository (2): GitHub - Nepanikar;
- Contact for institutional partnerships: nepanikar.info@gmail.com

What makes this an innovative practice?

► Digital ► Youth-led ► Multilingual

Student-led grassroots initiative rather than a top-down institutional program; combines a self-help app with a live crisis-counselling service

and a directory of professional contacts, all free access and available in 18 languages. Launched in 2019, it reaches 1+ million users worldwide, and collects data on modules being used.

Impact and reach criteria: does it work and who can benefit?

Effectiveness

Reaches 1M+ of users across multiple countries; recognized in 2025 with the Jan Opletal Award (3) (top Czech youth-civic honour). Evidence of effectiveness on clinical outcomes is limited, while growing uptake across countries suggests potential for wider implementation.

Equity and Access

Free, low-barrier, always-available; 18 languages support non-Czech speakers/migrants.

Scalability and Transferability

Digital format facilitates scale up; the code is open-source and it is designed to switch languages and local emergency info for different countries.

Evidence base

The app is grounded in scientific evidence, with its content developed in consultation with mental health specialists and its model described in peer-reviewed literature (1).

Opportunities for further development?

- Strengthen the evidence base through independent outcome evaluation.
- Explore further expansion of the crisis support counselling capacity, as well as country/language coverage.

References and additional tools to favour translation

1. Kamenská, V. & Vaňková, M. (2023). *Mobile application Nepanikař: First aid for psychic problems*. E-psychologie, 17(1). <https://doi.org/10.29364/epsy.464>
2. Nepanikař GitHub repository: <https://github.com/Nepanikar/nepanikar>
3. Brno Daily (2025), "Masaryk University Student Wins Jan Opletal Award for Mental Health App 'Nepanikař'"