

# Individual counselling with a psychologist

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The measure is offered remotely!



ESF project "Subsidised jobs for the unemployed" No 9.1.1.1.1/15/I/001

Within the framework of the ESF project "Subsidised jobs for the unemployed" No 9.1.1.1.1/15/I/001, the State Employment Agency implements the activation measure "Individual psychological counselling" aimed at promoting the integration of the unemployed, including the long-term unemployed, into society and their placement in a permanent job.

Who can participate?

Individual counselling with a psychologist is available to unemployed people who have been unemployed for at least 12 months and have not been considered employed or self-employed under the Law on State Social Insurance for more than two months without interruption during that period.

Counselling is provided in all branches of the SEA.

How to apply?

Go to the SEA branch and express your wish to take part in the measure.

Arrange a time for counselling with a psychologist.

You must get an individual job search plan from the SEA branch.

You must see a psychologist on the date and time you have agreed.

Papildu informāciju iegūsiet [tuvākajā NVA filiālē](#).

For more information, contact your [nearest SEA branch](#).

Individual counseling of a  
psychologist

<https://www.nva.gov.lv/en/individual-counselling-psychologist>