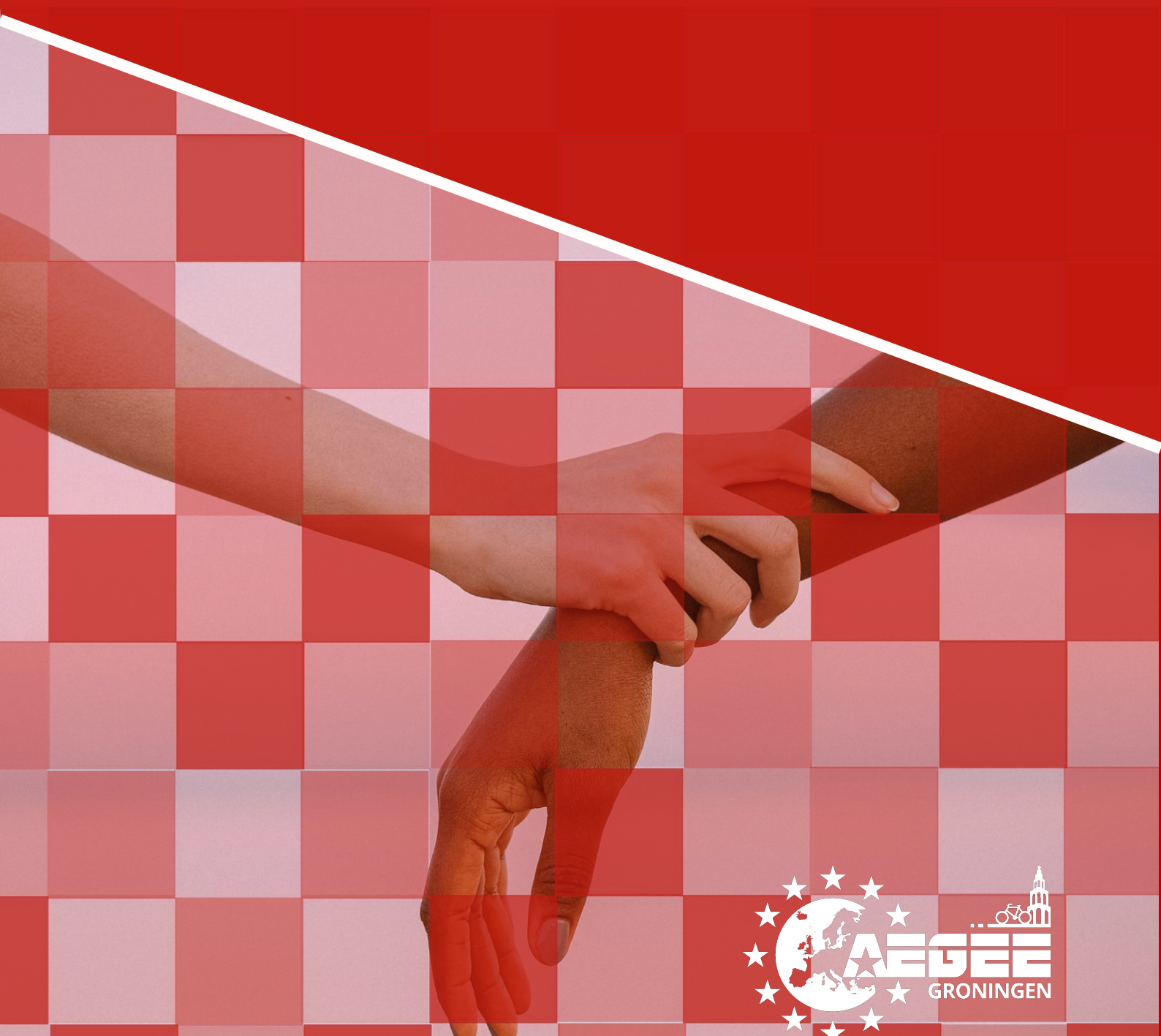


MENTAL HEALTH RESOURCE PACKAGE



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INTRODUCTION

This Mental Health Resource Package was put together to provide a clear overview of available resources for students in Groningen who experience issues with their mental health. Moreover, it aims to raise awareness about mental health problems among students in general. It was made specifically for members of AEGEE-Groningen, but it can be useful for all students in Groningen. In this package the most common mental health disorders among students are described, the causes and risk factors for these disorders are explained, tips on what to do to prevent the disorder from becoming worse are given and possible treatment options are listed. Furthermore, an overview of different organizations/institutions in Groningen students can reach out to is provided.

The information in this resource package was put together very carefully and is based on scientific evidence. Furthermore it has been checked by Wakker Bij Bakker and a professional GZ-psychologist, to make sure it does not contain any invalid information. Although all efforts have been made to provide the information as accurately as possible, this package was made by students who are not professionals in this domain, which is important to keep in mind.



GENERAL INFORMATION

First of all, let's explain the concept of mental health. The World Health Organization defines mental health as: "A state of well-being, in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community." So according to the WHO, it's more than just the absence of mental disorders. If you read this description, the impression can arise that if you can't cope with a stressor, that you're mentally not so healthy. Let's first state that that's not what we want to imply here. It's very normal to find it difficult to cope with situations or emotions at times. If you recognize yourself in something that is mentioned in this mental health resource package, know that it's very common and there's nothing wrong with you. Fact remains that it can be really unpleasant to feel that way or that you would like to change something about it.

Many students suffer from stress, sleeping problems, loneliness and sadness which can be signs of, and even cause, mental disorders. The American Psychological Association describes a mental disorder as: "Any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these." Common mental health disorders are for example Anxiety Disorders, Mood Disorders and Eating Disorders. By recognizing the risk factors for this on time and asking for help, developing a mental disorder can often be prevented. In the next chapters we will dive deeper into the different risk factors and mental health issues.



COMMON MENTAL HEALTH ISSUES

In this section an overview will be provided on the most common mental health issues among students. These mental health issues can lead to bigger mental disorders if they are not recognized and dealt with on time. This is why we will first look into some factors that can influence our mental health in a bad way. Be aware that this list is not complete, there can be many other influencing factors. However, for this informational package we chose to list the most common ones.

STRESS

Many students experience stress. Acute, short periods of stress such as for an exam or presentation are normal and even useful. However chronic stress can lead to various psychological and also physical health problems. Factors causing this stress vary between individuals, but among students the three biggest causes are performance pressure, financial pressure and social pressure. The way stress manifests itself can be very diverse. The following symptoms can indicate that you experience stress:

- Continuous fatigue
- Feeling tense
- Feeling emotional
- Feeling down
- Vague physical complaints, such as a headache, stomach ache and muscle strain.
- Concentration problems
- Memory problems
- Worrying
- Sleeping problems
- Weakened immune system

The way we handle stress has a big impact on whether it will become a problem and lead to bigger mental health issues. There are a lot of different coping styles, of which some work better than others. The two types of coping that generally work best are problem-focused and emotion-focused coping. Both have the same goal: decreasing the experienced stress. Both methods are described below:

- Problem-focused coping: by this type of coping you try to reduce the demands of a stressor or increase your resources to deal with it. You actively try to deal with the cause of the stress, either by eliminating it or changing it. This can for example be done through focusing your thoughts on aspects of the situation and planning how to deal with each of them or by seeking helpful information about the event. Problem



focused coping is generally seen as highly effective in situations where you have an influence on. However, it can also be counter-productive, especially when events are faced in which the individual has little control over the event or if their resources to deal with it are low.

- Emotion-focused coping: this type of coping focusses on managing the emotional response to the stressor. Instead of changing the stressor, you try to change the way you feel about it. This can be done in different ways, for example by positively reappraising the stressor in order to see it in a more positive light, accepting the situation how it is or by seeking emotional support. Emotion-focused coping is often most effective when it is not possible to change the situation.

So, if the way you cope with a stressor isn't working, it might help to use a different method. Listed below are some tips you can use to deal with your problems differently.

1. Try to discover the causes of the stress you're experiencing. Get a clear overview of your situation.
2. Talk to someone about how you feel. Talking about it or writing it down helps you to understand your situation better and helps with the processing of events.
3. Think if you can do something about the causes of your stress. Can you change your circumstances (e.g. at work, in your relationships, in your health) to feel less stressed?
4. Do you feel like you tried everything and there's nothing you can do about the situation? Maybe the causes are out of your control, but you can still change how it affects you. Try to let it go.

What other things can you do to prevent or reduce (chronic) stress?

1. Get a routine in your life. Go to bed at the same time every night and wake up at the same time.
2. Eat healthy
3. Avoid alcohol
4. Get enough exercise. At least 30 minutes a day, but more is better. This can for example be running, fitness, soccer, volleyball but also cycling or walking.
5. Relax. Do something that makes you feel relaxed. This can be listening to music, reading, going for a walk in nature, getting a hot shower or anything else that makes you feel at ease.



6. If you have trouble relaxing, do some relaxation exercises or try mindfulness. These can help you clear your mind. Apps that can help you with this are for example Headspace, Calm or Insight Timer. Online you can find a lot of relaxation exercises as well.



SLEEPING PROBLEMS

Sleeping problems are common in a lot of psychological disorders. The numbers vary, but it has been found that insomnia is prevalent in 40-90% of the people with a depressive disorder and in 55-80% of the people with an anxiety disorder. It's difficult to determine whether the sleeping problems cause the mental illness or the other way around, but it probably goes both ways. Sleep deprivation leads to less cognitive resources to cope with stressors. This way even minor daily problems can become much bigger.

If you experience some sleeping problems, here are a few tips that might help prevent them from developing into bigger mental health issues:

Before going to bed:

- Exercise in the afternoon or early in the evening
- Avoid solid food 2-3 hours before going to bed
- Avoid caffeine and nicotine in the evening
- Do not drink alcohol to fall asleep
- Do something relaxing an hour before going to bed (e.g. relaxation exercises, a hot bath, a short walk)
- Avoid any screen (TV, phone, laptop) from an hour before going to bed

Bedroom:

- Make sure your room is dark and well ventilated, it's best to have a temperature of 16-18 degrees Celsius in your room.
- Only use your bedroom for sleep and relaxing, not for work or study. Remove any screen from your bedroom.

Sleeping time:

- Get up and go to bed around the same time each day
- Do not sleep during the day
- Take the hours of sleep you need each night into account and add some time for falling asleep.
- If you have trouble falling asleep, do not lay in your bed awake for too long. Read something or listen to music, preferably in another room. Do not get up later the day after, this will mess up your sleep pattern.



As mentioned before, sleeping problems can cause other psychological disorders. However, there are also disorders that are specifically about sleep. The most common one is insomnia. People with insomnia complain about being dissatisfied with their sleep quality or quantity. Symptoms can be:

- Difficulty initiating sleep
- Difficulty maintaining sleep, such as frequent awakenings or having trouble returning to sleep after awakenings
- Early-morning awakenings with inability to return to sleep

It has been found that chronic insomnia increases the risk of developing a new mental disorder or relapse, increases symptom severity and it delays and inhibits recovery. Treating insomnia is therefore also useful for decreasing the chance on other mental health problems.



LONELINESS

Loneliness among students has become more visible lately. Especially since the COVID19 crisis the attention on this subject has grown. Moving to a new city, living on your own for the first time, leaving your friends behind, it's not weird that you're feeling lonely when you just start a new life. However, for some people this feeling stays longer and it becomes a serious problem for them. Research has shown that ¼ of the people between the ages of 15-25 experiences some form of loneliness, and 10 percent even feels very lonely. Not all people who feel lonely have no friends, just like not everyone who has few friends feels lonely. It depends on how satisfied you are with the relationships you have. Loneliness can be divided into the following two categories:

- Social loneliness: missing social contacts or having a feeling that someone has to little contacts. So it is about having less contact with other people than you wish.
- Emotional loneliness: the feeling that you do not have a significant emotional relationship with at least one other person. You feel like you can't talk about your feelings or something that is going on in your life to anyone. So even if you have a large social network, you can still feel emotionally lonely.

Loneliness is not a mental health problem in itself, but if you feel lonely for a longer time, it can increase the risk at depression, anxiety, sleep problems and it is also associated with increased stress. Causes of loneliness vary, but starting university and moving away is a big one for students. Also, if you've for example had few friends in high school or have been bullied, you may find it harder to develop new relationships with people. Whatever the cause is, here are some tips that may help:

- Find out the reason for your loneliness. Think about when you feel lonely and what you miss in your contacts. Also think about whether you feel socially lonely or emotionally lonely. This can help you find a solution for your loneliness.

Tips to make new contacts:

- Do not let loneliness influence your life. Keep doing the things you always did. By undertaking activities you create opportunities to meet new people.
- Make a list of people you haven't seen in a while, such as old friends, studymates or colleagues. Maybe you can reach out to them and revive these old contacts.
- Join a study, student or sports association. This is a great way to meet people with similar interests. Get active in the association, for example by joining a committee, this way you immediately get to know a lot of people.



Tips to deepen your connections:

- Try to open yourself up to people you trust. If you show your vulnerable side this can help you feel understood and less alone. By being more vulnerable, the other person will also be more inclined to disclose information about themselves to you. This can help deepen your connection.
- Practice self-love. If you think positive about yourself it gets easier to open yourself up to others because the fear of rejection will become less. This is because you do not reject yourself anymore, even if others do.
- Change your beliefs. If you find it scary to open up to people, it's probably because you're scared of their reaction. You might think that people can't be trusted or that they will reject you. By challenging these beliefs you will learn that they are not always true.

Talk to your general practitioner if the feelings of loneliness are affecting your life, if they do not go away or if you want more help. As mentioned before, chronic loneliness can lead to various mental health issues. Moreover, it can also be a sign of another serious mental health problem, such as social phobia or depression. So be aware of that and make sure to pay attention to other signs.



MENTAL HEALTH DISORDERS

In this part the most common mental health disorders will be explained. For each disorder, symptoms will be listed, tips will be given and information on how a therapist can help you will be provided. There are a lot of mental health disorders, with the DSM-V listing 20 different categories with in total 157 diagnoses. Therefore it is impossible to list them all here, so we only go over the most prevalent ones.

DEPRESSIVE AND BIPOLAR DISORDERS

Depression is one of the most common disorders among young adults. In the Netherlands 13% of the people between 18-24 has had a depressive disorder at least once in their lives. There are a few different types of depressive disorders, with Major Depressive Disorder being the most prevalent one. Below are the symptoms you may experience when you have a depression.

1. Depressed mood most of the day, nearly every day
2. Diminished interest or pleasure in all, or almost all, activities
3. Significant weight loss or gain (or decrease or increase in appetite)
4. Insomnia or hypersomnia
5. Psychomotor agitation or retardation (restlessness or slowing down in thinking or movement)
6. Fatigue or loss of energy
7. Feelings of worthlessness or excessive or inappropriate guilt
8. Diminished ability to think or concentrate, or indecisiveness
9. Recurrent thoughts of death, recurrent suicidal thoughts, suicidal plans or suicidal attempts

In most cases, a Major Depressive Disorder will go away spontaneously within three months. However, half of the people who experience depression once, get another depressive episode at some point in their life. So, if you want to learn how to deal with it better or prevent relapse, you can ask your general practitioner for help. Next to Major Depressive Disorder, there are also some other special types of depressive disorders, such as:



- Persistent Depressive Disorder: this is quite similar to Major Depressive Disorder, but it has been present for at least two years and is often a bit milder.
- Major Depressive Disorder with Seasonal Pattern (winter depression): symptoms of the depression start in autumn or winter and disappear spontaneously in spring. This happened for at least 2 years in a row.

Some people also experience manic episodes next to their depressive episodes. These manic episodes are characterized by feeling much more active and cheerful than you're used to. You can also get angry very quickly if something doesn't go how you want it to go and you're overly optimistic. These periods of manic and depressive episodes may indicate a bipolar disorder.

Causes of depression vary, there's not one reason someone gets depressed. It is believed that multiple factors play a role in the development of a depression, such as genes, brain chemicals, stressful life events and medical conditions. The interactions between these different forces can bring on depression. There are some things you can already do that might help you feel better. The main things that are important to recover from depression are having a structure in your day and staying active. This can be difficult, but here are some tips that can help.

1. Tell someone how you feel, talking about your depression often helps. This way you do not have to do it all on your own and you feel less alone. Keep in touch with others. Make sure you have daily contact with someone close to you. You can develop negative thoughts and feelings about yourself, talk about this and give yourself the time to process these emotions.
2. Set achievable goals. Do not ask too much of yourself, such as that you have to feel better quickly. Start with daily tasks that seem achievable, such as getting dressed, doing groceries or preparing a meal.
3. Keep structure and regularity in your life. This can be done through:
 - a. Getting up on time
 - b. Eating on set times
 - c. Going outside every day. Fresh air and movement will make you feel better
 - d. Planning your day (make a list of activities)
 - e. Going to bed on time
4. Think about activities you (used to) like doing. Do one of them every day.



5. Do some light exercise for at least half an hour a day, such as walking, cycling swimming. Do some more intense exercise at least three times a week for half an hour, like running or training. This helps to feel less depressed and fitter, moreover it improves your sleep.
6. Try to keep studying and attending classes. This is often better than stopping (temporarily). If this is difficult, talk about it with your study adviser and/or therapist.

If you decide to seek help for your (possible) depression, the first step is often consulting your general practitioner. He can give you some tips or bring you in contact with the POH-GGZ, someone who works at the doctor's office specifically for mental health problems and provides short-term treatment. The GP can also direct you to a professional psychologist. Depression can be treated in multiple ways, for example:

- Psychological treatment: this is often the first treatment in depression. Through conversations with a psychologist you learn about your complaints and how they have developed. You will learn to change your negative thoughts and how to influence your mood in a positive way. There are multiple forms of psychotherapy such as:
 - o Cognitive Behavioral Therapy: in this form of therapy you learn how to change your negative thoughts into more positive ones by challenging your beliefs.
 - o Behavioral Therapy: through behavioral activation you'll learn how you can change obstructive behavior into different behavior that makes you feel better.
 - o Interpersonal Therapy: this type of therapy helps you feel better by improving the quality of your interpersonal relationships and social functioning.
 - o Short-term psychodynamic therapy: you'll learn to understand how you look at yourself and how you react in certain situations. This way you'll learn how you can do this in a different way.
- Medication: if psychological treatment does not help enough or if your depression is severe, you might get prescribed an antidepressant. Medication is often combined with psychotherapy, especially in severe depressions, to increase the chance that it works.

For major depressive disorder with a seasonal pattern Light Therapy can also be a good treatment. You get light via a special lamp, starting with 10-15 minutes every day. This time can later be increased. Most people feel better after a few days already.



ANXIETY DISORDERS

Anxiety disorders are even more common in youths between 18-24 than depressive disorders, with 18.9% having had or currently having an anxiety disorder. There are different types of anxiety disorders, which will be discussed below from most frequent to less frequent.

- Social anxiety disorder: people with this disorder experience fear or anxiety in social situations, in which they are exposed to possible scrutiny by others. These are for example situations in which someone has to socially interact with others, is being observed by others or has to perform in front of others. The person is afraid to act in a way or to show anxiety symptoms, that will be negatively evaluated by others.
- Specific phobia: this is a fear or anxiety about a specific object or situation. This fear or anxiety is out of proportion to the actual danger it poses and it is almost always immediately provoked when confronted with the object or situation. Almost any object or situation can become a source of fear, which makes it impossible to list all phobias. There are however five categories of specific phobias, which are: the animal type (e.g. fear of spiders, insects or dogs) the natural-environmental type (e.g. fear of thunder and lightning or water), the blood-injection-injury type (e.g. fear of needles or invasive medical procedures), the situational type (e.g. fear of airplanes, elevators or enclosed places) and the other type (e.g. fear of choking, vomiting or loud sounds).
- Generalized anxiety disorder: when you have this disorder, you are continuously anxious and worried about the daily things in life. It's very hard to control these worrying and anxious thoughts. Symptoms of generalized anxiety disorder may include: a permanent feeling of restlessness or tension, getting tired easily, having trouble focusing, being irritable, having muscle tension or having disturbed sleep.
- Panic disorder: people with a panic disorder experience sudden attacks of intense anxiety. These attacks happen repeatedly and the person is constantly worried about getting a new attack or about the consequences of the attacks. Symptoms of a panic attack can for example be: a pounding or racing heart, sweating, chills, trembling, breathing problems, weakness or dizziness, nausea, depersonalization, fear of dying and the fear of going crazy or losing control.
- Agoraphobia: someone with agoraphobia has a strong fear of being in situations where escaping might be difficult or where help wouldn't be available if something goes wrong. These situations can be using public transportation, being in open spaces, being in enclosed spaces, standing in line or being in a crowd, or being outside the home alone. In at least two of these situations the fear or anxiety must be present to be diagnosed with agoraphobia.



Whether or not you will develop an anxiety disorder is dependent on different risk and protective factors. These can be personal characteristics or environmental factors. Some examples are your genes, your personality, your attachment style, overprotective parents, cognitive information processing and certain experiences in life. Just as in depression, the interactions between those factors determine whether you will develop an anxiety disorder or not. As described above, there are a lot of different types of anxiety disorders which all develop in different ways and therefore also have their own treatment. However, there are some general underlying mechanisms that play an important role in the development and persistence of anxiety disorders.

- Avoidance or safety seeking behaviors. When you're scared of something, whether it is a specific object or (social) situation, it feels natural to avoid it. This can be overt escape/avoidance: not entering or prematurely leaving a fear-provoking situation. However, you can also use safety behaviors, which can be seen as a more subtle form of avoidance. You might always take someone with you to the grocery store in agoraphobia to feel safer or you drive very slow and grip the wheel so tight your hands hurt in driving phobia.

There are three ways in which using safety behaviors and avoidance maintain anxiety disorders.

1. If you avoid the thing you're scared of or if you use safety behaviors during, you simply don't have the opportunity to learn that a situation is in fact not dangerous. Your thoughts aren't challenged and therefore will not change.
 2. If you perform safety behaviors in a fear-provoking situation, you will falsely conclude that the reason that nothing bad happened is because you used these safety behaviors. This way you won't learn that the situation is actually not dangerous, even without using the safety behaviors. This is called misattribution.
 3. If we react in a fearful way to something, it directly has an effect on the fear center in our brain. Even if there is no real threat, simply because we react as if there is a threat, our brain thinks it is real and anxiety increases.
- Attention. It has been found that people with an anxiety disorder focus more on threatening stimuli. Therefore they also find more threats, which can be the reason they are in general more anxious.
 - Expectations. People with anxiety disorders often have irrational beliefs about what will happen if they encounter a feared situation or object. They overestimate the chances that they will encounter the situation/object, that what they fear will happen



when they do encounter it and how bad it will be when that happens. Moreover, they underestimate how well they will be able to cope with the threat.

So, what can you do when you're feeling anxious? Anxiety and stress are very much related, so it is first suggested to look at the tips mentioned in the section about stress. Moreover, here are some additional tips that might help:

- Keep doing as much as possible: as mentioned above it is important to keep doing the things you're scared of. This way you will learn how to cope with the stress and your anxiety for certain situations will become less. Realizing that the anxiety often goes away after 60-90 minutes might help make it easier to keep doing the things you're scared of.
- Try to change your thoughts: in situations you feel anxious, you probably think about things that make your anxiety even worse. It helps to change those thoughts, this can be done by:
 - o Writing down your experiences. Write down what exactly happens at the moment you feel anxious. What do you think of? What are you scared of? What do you feel? How do you react?
 - o Think about which comforting thoughts may help you. Try to critically evaluate if there is really a reason to be scared. Then think about which thoughts can help you feel more at ease. Write them down so you can read them again if you feel anxious.

If you have an anxiety disorder, it can be hard to look critically at your thoughts. Or maybe you do know that your fear is disproportional, but the anxiety is too overwhelming to deal with it on your own. That's why it can be useful to seek help, so someone can help you challenge your thoughts and make little steps to confront your fears. There are multiple treatments for anxiety disorders and they also differ per disorder. The most common ones are listed below.

- Psychological treatment: this is the preferred treatment in anxiety disorders. Through conversations with a psychologist you'll learn to change your anxious thoughts into more realistic and helping ones. Moreover, step by step you will confront your fears so the fear will gradually become less. In anxiety disorders, psycho-education and psychotherapy are the most common forms of psychological help. The form of psychotherapy that is used the most is (cognitive) behavioral therapy, which has two main components:



- Cognitive restructuring: by recognizing and critically evaluating your anxious thoughts, you'll change your dysfunctional thoughts into more realistic, helpful ones.
- Exposure in vivo: you will make a list of situations you are scared of and step by step you will be exposed to these situations. By doing this often you will feel a little less scared every time, until the fear is (almost) gone.

Additionally, in social anxiety disorder social skills training can also be a good option instead of or next to CBT, especially for people who have less social skills or are insecure about them. This is done in a group, so you can immediately practice the skills you've learned with other people.

- Medication: if therapy doesn't help enough, an antidepressant can be an option as well. It makes you feel less anxious, so you can deal better with the feared situation. It is often combined with psychotherapy, making it easier to practice with the feared situation. In specific situations such as flying phobia or performance anxiety a sedative or beta blocker can help as well. This reduces your anxiety temporarily.



AVAILABLE RESOURCES FOR STUDENTS IN GRONINGEN

GENERAL PRACTITIONER

For whom? Everyone.

What? First point of contact. Gives short-term treatments for minor psychological problems. He can also refer you to a professional psychologist if you have more complex issues.

Costs? Free (at your own general practitioner).

If you do not have a general practitioner yet, you can find one in your area via <https://www.zorgkaartnederland.nl/huisarts/>. A recommendation for student is: <https://www.studentarts.nl/>.

STUDENT SERVICE DESK (STUDENTEN SERVICE CENTRUM)

For whom? Students of the University of Groningen who suffer from stress or other (mild) mental/psychological complaints.

What? Short-term, solution-oriented treatments by professional psychologists. Group training sessions on different topics such as stress relief and mindfulness-based stress reduction.

Costs? Intake is free. After that you can get a maximum of five follow-up conversations for which you pay €40,- in total. The group training sessions are free of charge.

<https://student.portal.rug.nl/infonet/studenten/voorzieningen/studenten-service-centrum/psychological-support/>

STUDENT PSYCHOLOGISTS OF THE HANZE

For whom? Students of the Hanze University of Applied Sciences who suffer from stress or other (mild) mental/psychological complaints.

What? Short-term, solution-oriented treatments by professional psychologists.

Costs? Free.

<https://www.hanze.nl/eng/services/facilities/hanze-student-support/offer/startingconversation/studentenpsycholoog>



ALL EARS GRONINGEN

For whom? Students. (Also available in German, French, Spanish and Portuguese).

What? All ears offers a listening ear when you are confronted with problems and need to talk to someone about it outside your own social circle. All ears works closely together with students, and are familiar with problems students encounter.

Costs? Free.

<https://allearsgroningen.nl/>

@EASE

For whom? Everyone between the ages of 12 – 25.

What? Conversations with volunteers who have a background in psychology or are experienced professionals, they listen to you and can give advice. You can come to them with anything, but they are specialized in the issues people face while growing up. You can just walk by their office and talk to them for free. It is anonymous and they do not make records of the conversations. It is also possible to chat with them via their website.

Costs? Free.

<https://ease.nl/>

MIRRO

For whom? Everyone.

What? Online and anonymous self-help (E-Health) that provides you with support via different modules such as stress, anxiety or worrying thoughts. Other modules, such as money problems and game-addiction, are also available.

Costs? Free for University of Groningen and Hanze University students (log in via your institution). For everyone else, it costs €7,- for the first year.

<https://mirro.nl/>



WAKKER BIJ BAKKER

For whom? All students in Groningen. (Also available in German.)

What? Individual coaching to support and guide you in balancing your daily student life with studying. They promise an open honest place to talk about your mental challenges such as motivational issues, anxiety, sadness, loneliness and perfectionism. They also offer a lot of different workshops on topics such as assertiveness, stress-reduction and performance anxiety.

Costs? As an AEGEE-Groningen member you can get a free intake. For all follow-up conversations you pay €79,95 per conversation.

<https://www.wakkerbijbakker.nl/groningen>

PROFESSIONAL PSYCHOLOGISTS

For whom? Everyone who wants psychological treatment.

What? They offer short-, middle- or long-term professional treatments. They can also help with more complex psychological disorders.

Costs? Differs per psychologists practice. For Dutch students, to get compensation from your health insurance, you need a referral from a general practitioner. Be aware that you always have to pay your deductible excess (eigen risico) of **at least** €385,-. For international students, make sure to contact your health insurance to see if they offer a compensation.

On this website you can find all psychologists in Groningen, be aware that there is (almost) always a waiting list.

<https://www.zorgkaartnederland.nl/psycholoog/groningen>

113 SUICIDE PREVENTION

For whom? Everyone with suicidal thoughts.

What? 113 suicide prevention offers anonymous crisis helplines, online therapy and selfhelp to people with suicidal thoughts.

Costs? Free.

<https://www.113.nl/>

