

# MENTAL HEALTH RESOURCE PACKAGE



## 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/starting-conversation/studentenpsycholoog>

## 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/>



## ALL EARS GRONINGEN

**For whom?** Students.

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

**Costs?** Free.

<https://allearsgroningen.nl/>

## 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/>.

## 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?** Individual coaching costs €39,95 for the first conversation. For all the other Conversations you pay €79,95 per conversation. Workshops differ in price from completely free to €50,-.

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



## PROFESSIONAL PSYCHOLOGISTS

**For whom?** Everyone who has (more complex) psychological issues or needs a longer 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. 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,-.

On this website you can find all psychologists in Groningen:  
<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 self help to people with suicidal thoughts.

**Costs?** Free.

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

