Do you recognise one or more of the following symptoms?

This document uses clickable buttons. These buttons may not work in some browsers. In that case, we recommend that you download the document.

Are you looking for support because you have ADHD, autism or another form of neurodiversity? During the online consultation, we will work with you to find the right support. Click here to book an appointment.

- Eating disorders posing health risks (weight loss, binge eating, compensatory behaviours)
- Addiction to alcohol, drugs or other substances
- Physical symptons that are new, severe or unexplained
- You would like to have a diagnostic assessment carried out, for example for ADHD or autism
- You are thinking about taking your own life and have a specific plan, are making preparations, or are afraid that you might harm yourself

Yes, I recognise myself in one or more of these symptoms

No, I’m experiencing other symptoms

Back to step 1

Are you unsure? Please feel free to contact the student psychologist at studentenpsychologen@uu.nl or book an appointment for the online consultation

How long have you been experiencing your symptoms?

Examples of symptoms are: low mood, stress, anxiety, difficulty concentrating, lack of motivation or other symptoms.

A few weeks to a few months

Six to twelve months, but they're getting worse

Longer than a year

Back to step 1

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How much do your symptoms bother you?

They affect several aspects of my life and I find myself really getting stuck

It’s tough, but I’m still managing my studies, social life and day-to-day things (reasonably well)

Back to step 1

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Have you sought help or treatment from a psychologist for these symptoms before?

Yes, I've had counselling or undergone therapy before, but I'm struggling with the same issues again

Yes, I'm on a waiting list for treatment, but I need some help in the meantime

No, this is the first time I've asked for help

Back to step 1

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Your route: support via the student psychologist

How does it work?

- Step 1: You always start with a short 15-minute online consultation via MS Teams
- Step 2: Together with the student psychologist, you'll discuss which support is most suitable.
  - › Is the student psychologist the ritght fit? You'll be invited to a more in-depth consultation (intake).
  - › Is another form of support more suitable? We'll advise you on this and help you get started.

Good to know:

- The support is free of charge
- Confidential: the psychologists are bound by professional confidentiality.
- Location: the brief consultation is online; follow-up sessions take place on-site (USP) or online.

Book an online consultation

Back to step 1

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Your route: support via your GP (mental health services)

Given your answers, the best course of action for you at the moment is to see your GP.
This is because the student psychologist only offers short-term support for mild or study-related issues.
For more intensive or long-term support (mental health care, or GGZ), you will need a referral from a GP.

In the guide, you'll find information on, amongst other things:

- How to book an appointment with your GP;
- Information on costs;
- Information about waiting times and what you can do in the meantime;
- Information about the Dutch health care system.

Open the guide: how do I get help through my GP?

Back to step 1

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