Can I take my question to the student psychologist?

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 go to the website and book an appointment.

1. Do you recognise one or more of the following symptoms?

- 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

a. Yes, I recognise myself in one or more of these symptoms → go to point 6

b. No, I'm experiencing other symptoms → go to point 2

2. How long have you been experiencing your sympotoms?

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

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

a. A few weeks to a few months → go to point 3

b. Six to twelve moths, but they're getting worse → go to point 6

c. Longer than a year → go to point 6

3. How much do your symptoms bother you?

a. They affect several aspects of my life and I find myself really getting stuck → go to point 6

b. It's though, but I'm still managing my studies, social life and day-to-day things (reasonably well) → go to point 4

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

a. Yes, I've had counselling or undergone therapy before, but I'm struggling with the same issues again → go to point 6

b. Yes, I'm on a waiting list for treatment, but I need some help in the meantime → go to point 6

c. No, this is the first time I've asked for help → go to point 5

5. 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 right 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.

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- Location: the brief consultation is online; follow-up sessions take place on-site (USP) or online.

Click here to go to the website and book an appointment.

6. 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?

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