

You Own It: Mental Health Resources

You Own It strives to help students feel and be as safe as possible. For this reason, we have compiled the following lists for students who are looking for help or support of some kind. If you need help, please do not hesitate to use any of the contacts below.

Hotlines:

- ❖ **Emergency Crisis Centre:** <https://spoedeisendepsychiatrieamsterdam.nl/> (020) 523 54 33. In case of emergency situations, suicidal thoughts, psychosis, etc.
- ❖ **Suicide prevention line (113):** <https://www.113.nl/english> - in case of extreme emotional distress to the point of seriously considering suicide
- ❖ **Sexual Assault Center (SAC):** 0800 - 0188 available 24/7 and free of charge for those who have been sexually assaulted or raped. They will help you find answers to a number of questions, and can help put you in touch with the police to file a report.
- ❖ **Sexual abuse** primary nationwide aid helpline: 020 613 0245
- ❖ **Altrecht**, only for psychological or psychiatric emergencies in the Utrecht region: 030 230 8850, option 1

University-related contacts:

- ❖ Contact <https://student.uva.nl/en/content/az/doctors/doctors.html> for information about **UvA/AUAS student doctors** and ways to register with a GP.
- ❖ **Student Psychologists:**
<https://student.uva.nl/en/content/az/psychologists/psychologists.html> for minor issues related to mental health.
- ❖ **De Advieswinkel:** <https://de-advieswinkel.nl/contact/> - university psychology students working as volunteers offering advice on mental health issues

Psychologists and counselling:

- ❖ Contact your doctor (huisarts) for a referral to a mental health professional.

- ❖ **I Am Expat** website: [list](#) of international psychologists
- ❖ **Inter-Being**: <https://www.inter-being.nl/> - psychological help in English and other languages for expats, students and couples in Amsterdam, Groningen and Delft
- ❖ **Expat Wellbeing**: <https://expat-wellbeing.nl/covid19/> - an online support group for people with mental health issues, run by a friendly Indonesian licenced dance therapist and wellness consultant
- ❖ **PEP-International**: <https://www.pep-international.nl/about-us/> - Short and effective psychotherapeutic treatments (BGGGZ) for common psychological issues; SOS-call back service
- ❖ **Open-up**: <https://www.openup.care/eng-plan-consult> - Consultations and online chats with professional psychologists
- ❖ **Psychologenhulp**: <https://psychologenhulp.nl/> a collective of psychologists that offer free of charge help during the corona crisis.
- ❖ Victim support in the Netherlands: www.slachtofferhulp.nl (free of charge)
- ❖ **Access**: <https://access-nl.org/counselling/counsellor-on-call/> - professional psychologists offering help with all kinds of mental health issues (information available also in Chinese)
- ❖ **Epic Therapy**: <http://epictherapy.net/services-expat-counselling-psychotherapy/> - counselling and therapy for expats, focusing on Chinese and Taiwanese community
- ❖ **Zhi Li**: <https://li-zhi.net/> - Mandarin and Cantonese speaking psychologist working with Chinese students and expats, based in Rotterdam and Amsterdam.

For people with Dutch health insurance:

- ❖ **General practitioner** (huisarts): covered by insurance, but you may have to pay your 'eigen risico'. Contact your practitioner for more information.
- ❖ **Private practice**: prices range from 60 to more than 150 EUR for 45 minutes.
- ❖ **The Safo Space**: Angela Cáceres: www.thesafospace.com, info@thesafospace.com
- ❖ **Anesteia Tsagkalidou Therapy**: anesteiats@gmail.com

For people without insurance:

- ❖ **GGD region Utrecht** (GGDrU) is the municipal health service of the 26 municipalities in the region.
- ❖ **Private practice:** prices range from 60 to more than 150 EUR for 45 minutes.
- ❖ **Leger des Heils** (Salvation Army)
- ❖ **Bella:** sex worker victims of human trafficking (medical office hours twice a week)