

## **Title: Mental health during your studies at EUC**

Dear student,

In this message we'd like to introduce the EUC student counsellors. At the end of the email a quick summary of important dates you might want to put down in your agenda if you haven't already.

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Dear students,

A very warm welcome from Katie (left) & Valerie (right). Together, we are the Student Counselling Team here at EUC.

We offer an independent and confidential service to all students enrolled at EUC. Our aim is to help students with both personal and academic issues.

You will get to know us during Intro week, as we will be hosting one of your mandatory workshops! Already want to know a bit more about what we do? Check out our brochure! (See the attached pdf).



Please know that conversations with your Student Counsellor are confidential. So, if you want to already discuss how personal circumstances might influence your studies, please do not hesitate to reach out via [studentcounselling@euc.eur.nl](mailto:studentcounselling@euc.eur.nl).

We are looking forward to meeting you this summer!

Valerie & Katie

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### **Studying with a functional impairment**

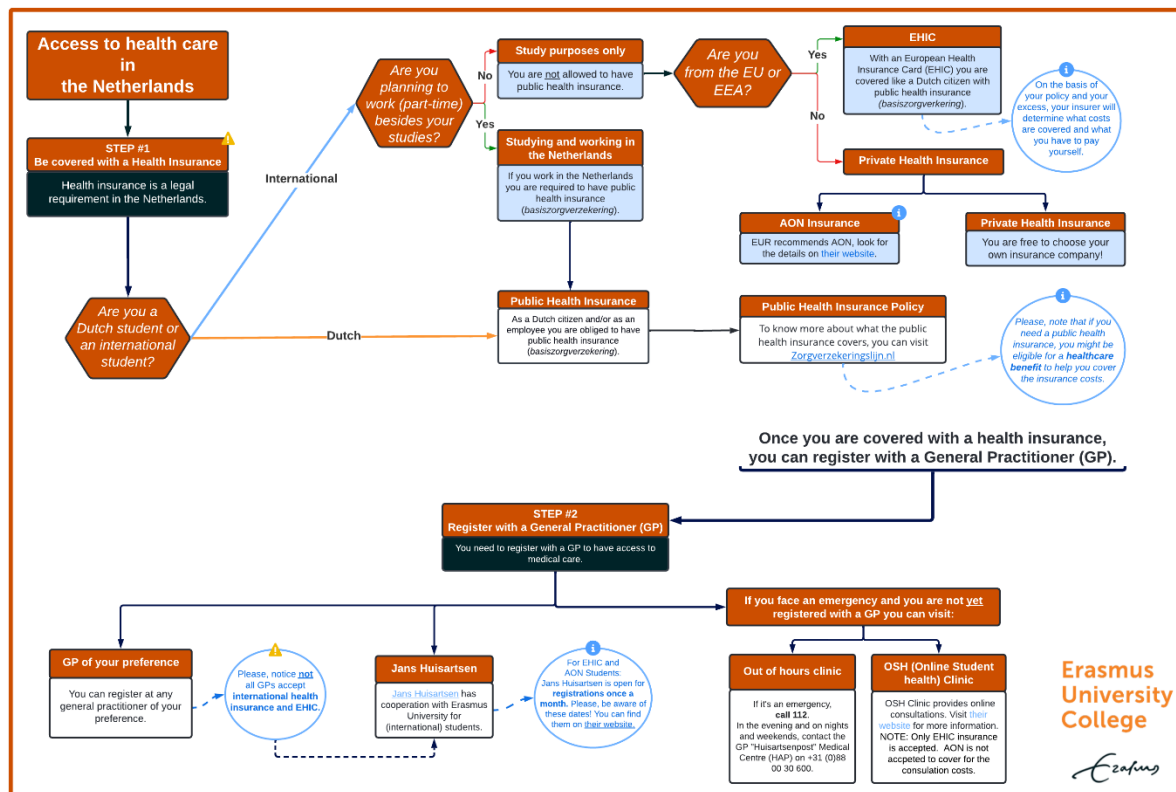
Studying with a functional impairment can come with some challenges and we are here to help you get the provisions and accommodations you might need. Would you like to know what is considered a functional impairment and what might be possible? Check out EUR's website [here](#); you can even consider getting a peer coach to help you through adjusting to uni-life with a functional impairment.

Any request (such as extra time during exams due to dyslexia, or access to text-to-speech software) should be accompanied by documentation. Not sure whether your documentation is sufficient? Contact us and we'll discuss options. As soon as you are officially enrolled, we can start the process of getting you the support you require, so don't hesitate to get in touch via [studentcounselling@euc.eur.nl](mailto:studentcounselling@euc.eur.nl).

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### **General practitioner**

This chart can help you complete all steps to access health care in the Netherlands. You must know that, in the Netherlands, for having access to health care is essential that you are registered with a General Practitioner. It is also almost always a legal requirement to have health insurance; this will depend on where you are from and if you will be working or not. Use this chart to check which steps you need to take to be fully covered for health care.



## Mental Health (care in the Netherlands)

Mental health and wellbeing are important aspects of your life. It is therefore helpful to familiarize yourself with options in the Netherlands. Whilst Student Counselling will offer a listening ear and helps to connect you with appropriate services, we don't offer a therapeutic service and it is not possible to visit us regularly for psychological support.

Therefore, if you are currently in therapy or receiving psychological support, we advise that you look into whether your provider can offer online support in the interim. If you are taking prescription medication, make sure you have sufficient medication to tide you over the first few months of adjustment.

If you are looking for a therapist in the Netherlands, you will most likely need a referral from your General Practitioner (the "huisarts") in order to get reimbursement from your insurance. Mental Health services are often stretched, and you have to expect some waiting time. For some specialist assessments, this can exceed six months. You are of course welcome to seek support privately, but note that costs can easily amount to 100-120 euro per session.

EUR offers psychological support through the [student psychologists](#). Please know, the student psychologists offer support for psychological, social and/or emotional problems that are hindering your study progress; thus, they need to be related to your studies. They do not offer an ongoing therapeutic relationship. EUR also offers the [Student Wellbeing Platform](#), which you can access once you're enrolled. Think peer support, professional coaching, and a wide range of workshops – all can be accessed via the platform.

If you want to discuss how your (mental) health affects your studies, and review whether additional support within your educational experience is possible, please do not hesitate to reach out to the Student Counselling Team. All our conversations are confidential (unless there is an immediate risk of significant harm).

Please feel free to reach out to us via [studentcounseling@euc.eur.nl](mailto:studentcounseling@euc.eur.nl) if you need any help figuring this out before you arrive.

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Below some of the important dates coming up to prepare for your journey as a student. You can check their websites for more information.

[Pre academic programme](#): July 29 – August 16

[Eurekaweek](#): August 18-22

[Introweek EUC](#): August 25-29

Class of 2027:  

On behalf of everyone at EUC,

Kind regards / Met vriendelijke groet,

**Roel ten Hengel**

*Student Life Officer*

**Erasmus University College**