

Health Care International students 2021-22

kennis
kunde
karakter
#EducationTilburgU

Prepare yourself well !!

Medical aid

1. Health insurance (e.g. AON);

 Arrange your insurances

2. General Practitioner

 General practitioner

General practitioner (“Huisarts”)

To have access to medical help here in the Netherlands, you must first visit a **general practitioner (GP)**. If you need specialist medical assistance, you must be referred by your GP first.

It is therefore important to **register with a GP on your arrival** in the Netherlands – and don't wait for problems to arise before registering.

If you have physical or psychological problems, you contact the GP practice by phone to make an appointment. Within a short consultation (appr. 20 min) the GP can assess your situation and, together with you, decide what help is needed.

You can only consult a specialist (psychologist) with a referral from a GP.

A GP practice is often connected to several health services, e.g. physiotherapy and short-term psychological support. However, there's a considerable **waiting time for psychological help** (6 weeks at least).

So don't wait to register! Register before you need help

How to find a GP?

Tilburg University has made agreements with 7 GP practices where international students can register which are close by:

- 3 practices around the university
- 3 downtown
- 1 on the North side of the railroad tracks.

For information check our [website](#).

Of course, you can also choose another practice – check out our [website](#) for tips on how to do this.

You can also consult a telehealth service called [Hellodoc](#) as a **temporary** solution for expats and international students **waiting to be seen by their GP**. You can speak to a certified doctor **online** only **for non-urgent** medical complaints.

Psychological help

If you have had psychological issues in the past, please realize these issues can **come back** more quickly in a new environment; in the absence of your familiar surroundings, your social support network and in stressful situations.

Last year, up to 70% of international students suffered from stress, loneliness, depression, panic attacks and anxiety disorders, even students who had never had symptoms before.

So make sure you have **access** to mental health services by doing the following:

- ✓ Take out adequate medical insurance
- ✓ Ensure you are covered for pre-existing symptoms ([AON complete+](#))
- ✓ Register with a GP
- ✓ Make sure you have a **back up plan**, e.g. sufficient medication, an arrangement for (online) contact with your **therapist** back home.

Psychological help

Warning:

If you need professional psychological help, the GP will refer you to a specialist (therapist, psychologist, psychiatric). And there's a considerable waiting time for psychological help!

- 6-10 weeks for basic mental health care (5-12 sessions)
- up to 8 months for psychotherapy.

So please make sure you have a **plan B**.

It is important not to walk around with a problem for too long. Consult a student psychologist (for **short-term** personal or study-related problems, and for personal advice by mail) or one of the other student counselors in time, before things get out of hand.

Check our [website](#) for more information about support offered by Tilburg University

Other medical help

- For information about dentists, pharmacies and hospitals in Tilburg, check out our website regarding [medical aid](#).
- For simple medical problems, you can visit a drugstore (e.g. Kruidvat, Trekpleister, DA, Etos), who are able to advise about self-medication.
- At a pharmacy, you can collect medicine prescribed by the GP. They will also provide advice about over-the-counter medication.
- The Sports Center offers physiotherapy and manual therapy for students with a membership. If you suffer from complaints during or after sports or if you notice that studying is difficult with those neck complaints, visit the physiotherapist once! They also offer consultation hours nutritional advice. See [Physiotherapy](#)

COVID-19

We strongly recommend that you **check** the [Corona information updates](#) and FAQs on a regular basis to make sure you're up-to-date with the latest developments.

See specifically information about:

- [\(Mental\) health](#)
- Practical matters on [travel and \(self\) quarantine](#)
- [Self-test kits](#) (**order them for free until September 1**)

From August 16 until the first week of September, students can get **vaccinated for free and without an appointment** at the Willem II football stadium – about a 10 minute cycle from the University. Check out the [FAQs](#) for more information (after August 16).

You can also check out the latest Dutch news in English e.g. [NL Times](#) or [I AM EXPAT](#), including information about the pandemic.