

Three steps to receive professional Mental Health Care in the Netherlands



Step 1

Visit your family doctor.

If you don't have a family doctor yet, you can find one via <https://www.zorgkaartnederland.nl/huisarts> Call the telephone number on the website to make an appointment. There are 8.241 family doctors in The Netherlands, you will be able to find one near you.

Your visit to the family doctor is insured, so you don't have to pay for it.

Step 2

You can also directly contact a POH-GGZ, the mental health assistant that works in a family doctor practice.

The POH-GGZ specializes in mental health problems. He or she can help you to identify what the problem is and give you advice and support. It's a good way to get psychological help without immediately needing intensive therapy. The POH-GGZ can also refer you to a psychologist.

There is no online list of all POH-GGZ in The Netherlands. However, there are three Ukrainian POH-GGZ working in The Netherlands right now:

1. Daria at Arene (arene.nl) - Daria works online, so you can get an appointment with her no matter where you live in The Netherlands
2. Tetiana at HOOG Apeldoorn (hoogzorg.nl)
3. Maryna at Praktijk De Nieuwe Verbinding in Zoeterwoude (<https://huisartszoeterwoude.nl/>)

The POH-GGZ is also covered by your insurance.

Step 3

Ask the family doctor or the POH-GGZ for a referral to a psychologist.

Show them the map of all Ukrainian psychologists that work in The Netherlands, so they know where to refer you to. You need this referral to be able to get an appointment with the psychologist (and to get the therapy covered by insurance). You can ask your family doctor to contact the psychologist practice for you, or you can contact them yourself to make an appointment. Therapy is again covered by your insurance.



Refer to Ukrainian psychologists around the Netherlands

