

List of resources offered outside of Tilburg University

- **General practitioner**
 - The general practitioner is always the first point of contact and also the gatekeeper for all medical help outside the university. The family doctor can also refer you to a specialist / therapist / organization that offers help appropriate to the needs of the (student) patient.
 - For lighter psychological problems, you can more often than not contact your general practitioner. GPs more often have a GGZ (mental health care) assistant or psychologist in their practice.
 - More information: <https://www.tilburguniversity.edu/students/quick-start/medical-aid/general-practitioner>
- **Health insurance (check coverage)**
 - Since January 1, 2014, you can go to your general practitioner for the treatment of psychological complaints. This help is covered by your basic insurance. If your GP is unable to provide you with further treatment, he or she will refer you to the Basis GGZ or specialised GGZ. Your health insurer will reimburse these treatments. Please note that the conditions for reimbursement may vary between health insurers. Sometimes the insurer's permission is needed for certain treatments in order to receive reimbursement.
 - There is no longer a personal contribution for psychological help. However, you must first have a referral from the general practitioner in order to get treatment by a psychologist reimbursed.
 - You should also note that the cost of treatment for mental health problems is offset against your deductible.
 - If you can see a physician assistant or a psychologist who is affiliated with your general practitioners practice, the costs will always be covered by basic insurance and you will not have to pay a deductible.
 - If the general practitioner refers you to a basic or specialist mental healthcare institution or practitioner, first check with your health insurer which practitioners have a contract with them. If the practitioner does not have a contract with your health insurer, it is possible that you will not be reimbursed, or will only be partially reimbursed. But whether the practitioner has a contract or not, your deductible will be charged.
 - All necessary care within the basic GGZ and specialized GGZ is reimbursed through the basic insurance. However, the conditions below must be met:
 - There is an established diagnosis (disorder) according to the DSM V. Psychological complaints alone are not sufficient to make use of insured care.
 - Referral must be made through a general practitioner, company physician, youth physician, medical specialist, or physician for the mentally disabled.
 - The referral letter should clearly state who was referred and why.
 - It should be clearly stated which type of psychological care is needed (basic or specialized mental health care).
 - A referral is valid for one year.
 - In most cases, follow-up treatments that fall under the same diagnosis do not require a new referral letter. Unless the treatment is interrupted for more than one year.

- For current and complete terms and conditions, please check with your own insurer.
- **Info about Basis GGZ (5-12 conversations) and Specialistic GGZ (>12 conversations)**
 - Basic mental health care (GGZ): In case of light to moderate mental health problems or chronic (stable) problems, the general practitioner will refer you to basic mental healthcare. The treatment within the basic mental healthcare is done by psychiatrists, (independent) psychotherapists, clinical psychologists and GZ-psychologists.
 - Specialist mental health care (GGZ): Patients with serious mental health problems are treated within the specialist mental health care. You can be referred to this by your general practitioner. As with basic mental healthcare, treatment is provided by psychiatrists, (independent) psychotherapists, clinical psychologists and GZ-psychologists. You can also be treated by a basic psychologist. A basic psychologist cannot be the primary care provider, but he or she may treat patients as a co-treatment provider on behalf of the primary care provider.
- **BIG register (good to look out for)**
 - BIG stands for: *Beroepen in de Individuele Gezondheidszorg*. The BIG Act provides rules for health care professions and protects patients from inexperienced and careless acts. The BIG register is part of the BIG Act.
 - The BIG register is a Dutch register, which contains the basic profession of persons working in a number of health care professions. The BIG-register provides clarity about the competence of a health care provider. Everyone can consult the BIG-register.
 - In the BIG register you can see whether your care provider is qualified to practice his or her profession in accordance with the quality requirements that apply in the Netherlands. If a care provider has a specialism, this is shown. In addition, the BIG-register shows whether a care provider has been imposed a disciplinary measure.