

### **If you urgently need to contact a psychologist**

If you feel that you are in need of immediate services, please look below for different possibilities for help:

#### **The General Practitioner**

Contact the GP. If the GP is not present during the weekend or after working hours, please contact the Huisartsenpost (Alkmaar area, 072 – 518 06 18)

#### **In case of emergency**

In the event of a life-threatening situation or any case of emergency, call 112.

If you are struggling with suicidal thoughts, please contact 0800-0113.

## **Information about the Psychology Service at the School**

The ES Bergen has employed a psychologist on a part-time basis. The psychologist is part of our Care Team. As her time is limited, she has only been appointed to support the management and the teachers with her expertise in the mental well-being of the students and she is available for individual secondary students who can get in contact if they feel the need.

The psychology service is not a service for parents to turn to. If parents have worries about the well-being of their child in the school, the main contact is the class teacher, and/or the Deputy Director or Assistant Deputy Director.

### **What could the Psychologist mean for an individual secondary student?**

The secondary students can make an individual appointment with the psychologist directly via email (email address is posted on the notice board in school entrance hall), the class teacher, the support coordinator and/or with the Deputy Director or Assistant Deputy Director. The student may decide him/herself who to contact. The psychologist is available on Monday, Tuesday and Thursday from 08:45 – 16:35, office location: chatroom (opposite Secondary Staff room).

When an appointment is made, there will first be an informal meeting during which an assessment is made of your concerns and of the help the student might need. Depending on the student's questions and his/her request for help, there are a number of options for the psychologist to proceed with after the informal meeting (intake interview):

- A one-off consultation
- Possible additional meetings if the psychologist so deems necessary
- Organisation of group or class training
- A referral for external support (you will be referred via the GP)

The psychologist at the school will decide to refer the student for external support in the event of:

- Addiction problems, eating disorders or self-harm / auto-mutilation
- When the complaints are considered as urgent and/or serious; for example, recurrent thoughts of suicide, long periods of sadness or unhappiness; staying in bed all day, being afraid to leave the house to go outside
- Recurring complaints for which previous treatment has not been sufficiently effective
- When there is a request for further psychological assessment or diagnosis. The School Psychology service does not carry out psycho-pedagogical and/or diagnostic assessments. These assessments must be carried out outside the school.

The psychologist at ES Bergen is well informed about external agencies and practices that are able to offer further support and can give guidance for external help but ultimately, the general practitioner will have to refer directly to such an agency.

If a student would like to have psychological support, we strongly advise to contact the general practitioner directly.

Students with learning or behavioral problems should first contact the class teacher and/or the educational advisors or the educational support coordinators.

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