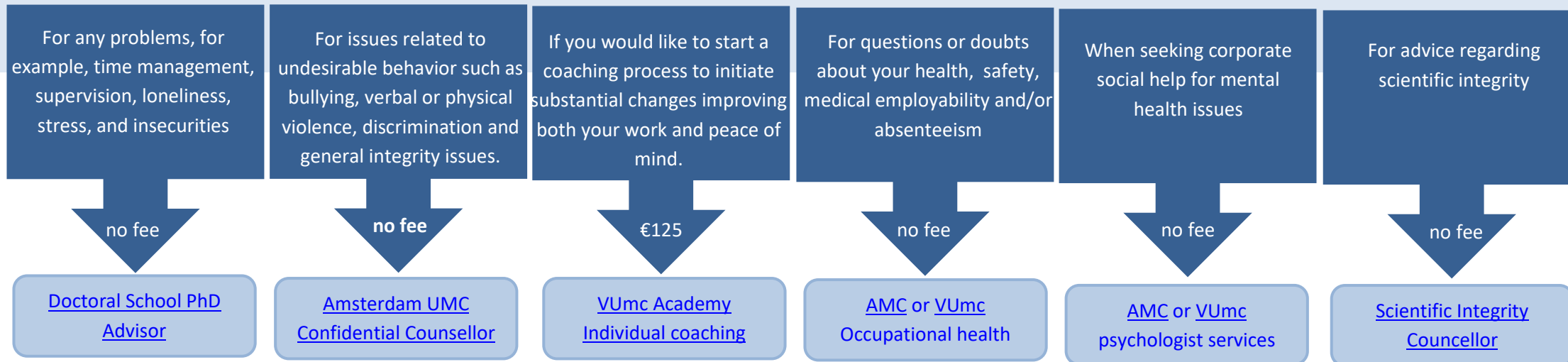


Mental Health Support

OOA and Amsterdam UMC offers many types of mental health support, varying from individual counseling to group-based sessions. Depending on the type and level of support you are looking for, you can join one or more of the below mentioned activities. Please also refer to your General Practitioner when you experience (mental) health problems!

INDIVIDUAL ACTIVITIES



GROUP ACTIVITIES

