

Psychologist waiting times

<i>Datum PV:</i>	23-04-2024	<i>Indiener</i>	<i>Lois van Petegem</i>
<i>Bijlage(n)?</i>	No	<i>Commissie:</i>	<i>FPC</i>
<i>BOB-fase:</i>	BO	<i>Eerder behandeld?</i>	No

Introduction

Currently, many students are struggling with mental health issues. To help these students, a student psychologist is available for on campus. This can give support for students experiencing problems, but currently waiting times are very long. This is a large problem for students who are in distress as coping with these problems without help can be overwhelming and detrimental to their well-being.

Status

At the moment, waiting times for a student psychologist intake are two months when made online. These appointments can only be made two months in advance, and most of the time, almost all spots are booked. Appointments can also be made through the student advisor, who can offer spots with less waiting time, however students are often unaware of this. Although making a psychologist appointment through a student advisor seems like a solution, waiting times are very long for student advisor appointments as well. The intake appointments with the student psychologist are for a fifteen minute appointment on zoom, after which counselling appointments can be planned. When people try to get help for mental problems, these waiting times of two months or longer are too much, as they have almost certainly struggled with these problems for a while before getting help. In addition to this, students have reported difficulties with making appointments for intakes, such as appointments being cancelled at the last minute and zoom links not working, after which the fifteen minutes have passed without problems being discussed. Because of this, students are not getting the help they need in time, which can cause distress for students struggling with mental health problems.

Suggestions

To solve these problems, more availability for students psychologists is necessary. In addition to this, it has to be ensured that students making appointments are adequately helped. Finally, more awareness should be created for the way to make these appointments, online or through a study advisor.

Discussion points

1. Is the piece clear?
2. Is there information missing?
3. Is the information correct?
4. Discussiemoment
 - a. What do we think of the current situation?
 - b. Are there any other suggestions on what changes to make?

Goals

Let the council form an opinion on how to improve the current situation with student psychologists on campus.

Follow-up actions

Bring this to the BO to get more availability and shorter waiting times for student psychologists.