

SiO Health

Student organization in Oslo

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Student health coordinator 1 Okt 2022

SiO Health – tailor made health service for students

- GP - General physician
- Nurse
- Health nurse
- Psychologist
- Psychiatrist
- Psychomotor physiotherapist
- Dentists
- Student counselor



01

Blindern

- GP
- Nurse
- Health nurse
- Psychologist/ psychiatrist
- Psychomotor physiotherapist
- Counselor
- Dentist

02

Holbergsgt. 21

- GP
- Health nurse
- Psychologist / psychiatrist
- Psychomotor
physiotherapist
- Counselor

03

Other campuses

BI

- GP
- Counselor
- Psychologist

OsloMet

- Psychologist
- Health nurse

Høyskolen Kristiania

- Psychologist

General physician services at SiO





GP service

- Specializing in student problems
- Easily accessible
- Prioritized medical help right away (acute cases/ illness)
- Appointments by phone and via Helsenorge.no
- Offering appointments by:
 - drop in
 - text based consultations
 - video consultations
- Short queues and waiting time (if possible)
- Refunds on medical bills higher than 440 NOK

Health nurse

- Guidance on birth control
- | Addressing questions connected to sexuality
- Consulation on abortion
- Birth control prescriptions
- Contraceptive implant
- Self tests for Sexually transmitted deceases
- Good and affordable service
- Physical drop in or video consultation

We shall now show a film we have created



SiO dentist



- Student-friendly prices
- Short waiting
- Double capacity with appointments both daytime and in the evening
- Emergency help on the day

Somebody to
talk to





SiO Counselling

- Section in SiO Health
- 10 years secured establishment
- Student counsellors with clinical education or/and other further education
- Counselling is available at:
 - Blindern (now at St. Olavs gate),
 - BI in Nydalen
 - Sentrum (Holbergsgate)
 - Kjeller

SiO Counselling

- You can initiate contact yourself
- Short waiting time for an appointment
- Counselling sessions for students that struggle with big and small problems in their everyday. Individual and couple counselling
- Broad course offer in collaboration with SiO Psykisk helse



SiO Counselling

common reasons for referral:

- **Study related problems** - planning, motivation, focus, procrastination
- **Relational problems** - emotional trouble connected to all kinds of romantic relationships
- **Less severe emotional problems** - Feeling down, performance anxiety, grief
- **Identity and self-image**
- **Difficult choices** - Unplanned pregnancies, change in/ or exit out of studies
- **Loneliness**
- **Drug related problems**
- **Economical rights** - Lånekassen, NAV

Mental helse

- Psychologists on Campus, well received
- Good work flow in the departments and the first two months were exceeding expectations

Waiting time:

Counselling: 14 days

Start up for therapy: about 3 months

How to get rid of anxiety

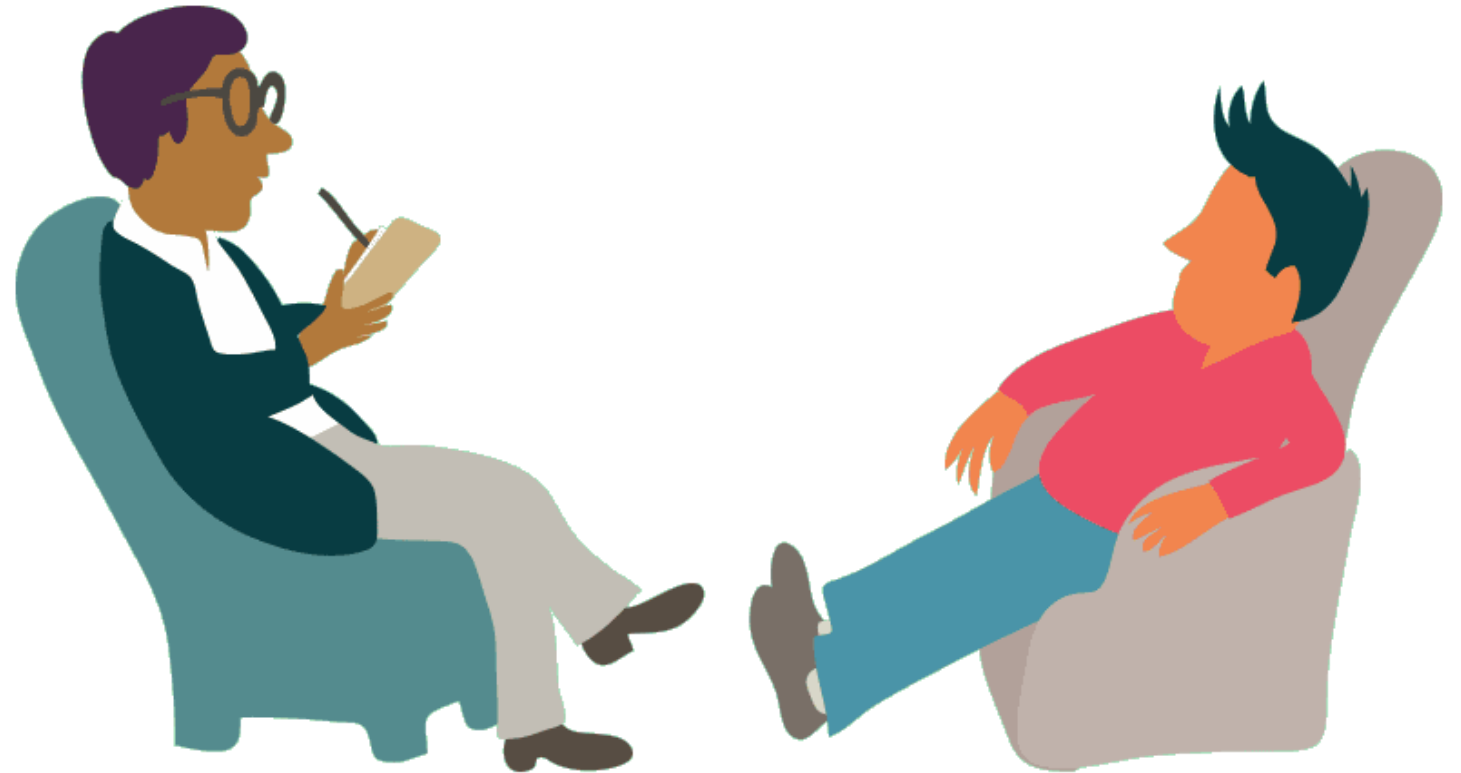


SiO Mental health

Students in Oslo have access to varied and competent mental health personnel. Aim: increase mental health access to support students finishing their courses

20 years secured establishment
daytime, evening clinics and
external psychologists

- Psychological specialists
- Psychologists
- Psychomotor physiotherapists
- Psychiatrists





- You can initiate contact yourself
- We offer:
 - Short-term therapy
 - Both drop-in and video consultations
 - Courses
 - Daytime and evening
- Free access for students that have paid their student fees

What we can help with...

- Psychological symptoms such as
 - Feeling low
 - Anxiety
 - Panic
 - OCD
 - Trauma
- High expectations and demands
- Sleep disturbances
- Anxiety connected to exams
- Loneliness
- Drug abuse
- Stress

- Jeg er ikke overrasket, men det er frustrerende og det er klart jeg blir lei meg, sier hun.

Dam mener vi mangler løsninger som fungerer for studentene.

- Vi gjør en del gode ting for studentenes psykiske helse i dag, men det er helt åpenbart at vi ikke klarer å gjøre nok.





Immediate help in Oslo

SiO Mental health has no emergency service

If there are students that need immediate help, call the emergency team in DPS during the day and the social ambulant emergency service is open 24/7.

- Emergency service: call 116117
- Social and acute service: ring 23 48 70 90
 - Main target group are people in deep crisis
 - Accept inquiries via phone or drop-in
 - Many inquiries initially from working peers, ambulance or other departments within the emergency service
 - You can contact us for conversations or counselling either via the emergency services or via phone. We also do home visits
 - Some parts of the emergency service are open 24/7
 - Access is free of charge
 - No referral necessary


- Emergency teams within DPS
 - Bydel Alna: [DPS Groruddalen](#)
 - Bydel Bjerke: [DPS Nydalen](#)
 - Bydel Frogner: [Voksenpsykiatrisk avdeling Vinderen](#)
 - Bydel Gamle Oslo: [Lovisenberg DPS](#)
 - Bydel Grorud: [DPS Groruddalen](#)
 - Bydel Grünerløkka: [Lovisenberg DPS](#)
 - Bydel Nordre Aker: [DPS Nydalen](#)
 - Bydel Nordstrand: [DPS Søndre Oslo](#)
 - Bydel Sagene: [DPS Nydalen](#)
 - Bydel St. Hanshaugen: [Lovisenberg DPS](#)
 - Bydel Stovner: [DPS Groruddalen](#)
 - Bydel Søndre Nordstrand: [DPS Søndre Oslo](#)
 - Bydel Ullern: [Voksenpsykiatrisk avdeling Vinderen](#)
 - Bydel Vestre Aker: [Voksenpsykiatrisk avdeling Vinderen](#)
 - Bydel Østensjø: [DPS Søndre Oslo](#)



Health promoting services



Health promoting services



Courses - 18 different courses led by psychologists, counsellors, students, Athletica og Humanetisk forbund

Students ask

På Helsa
Løs podcast

Student support
Follow up during counselling

Psykt voksen
Mental health and life style

Courses are translated to english

God start

Lectures for institutions

Digital solutions


Films about health

Self help



Ta ordet kurs

Synes du det er vanskelig å snakke i forsamlinger? På dette kurset lærer du å bli tryggere i situasjoner der du må snakke foran flere mennesker. Du kan du øve deg i trygge omgivelser, og få kontroll på svette hender og spente nerver med gode tips, praktiske øvelser og hjemmeoppgaver.

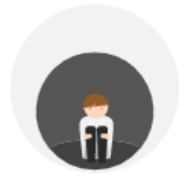
 Dette kurset holdes ikke flere ganger i høst



Stress- og studiemestringskurs - Webinar


Gikk ikke forrige semester så bra? Vil du lære deg gode studievaner og bli mindre stressa? På dette kurset får du tips og råd om hvordan du kan studere mer effektivt og dermed få en bedre studiehverdag?

 Dette kurset holdes ikke flere ganger i høst



Kurs i depresjonsmestring. Webinar.


Sliter du eller har du tidligere slitt med depresjon? Ønsker du å lære mer om depressive plager, hvordan man kan komme ut av en vond tilstand og forebygge nye perioden?

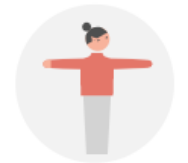
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Prokrastinering - Lær deg å utsette mindre (strømmet kurs)


Ønsker du å delta på et nytt strømmet kurs om prokrastinering? På dette kurset lærer du om hvorfor du prokrastinerer og hvilke strategier du kan bruke for å utsette mindre.

 Dette kurset holdes ikke flere ganger i høst



Kom i gang - aktiv livsstil


Er du klar for å gjøre en endring i livet gjennom kosthold og trening? På dette kurset kan du lære å lage egne rutiner i studenthverdagen som fører til overskudd og trivsel. Dette kan være utfordrende, men "Kom i gang - aktiv livsstil" vil hjelpe deg igjennom denne endringsprosessen.

 Dette kurset holdes ikke flere ganger i høst



Kom i gang - trening og kosthold

Ønsker du mer overskudd i hverdagen? På dette kurset kan du lære deg nyttige verktøy for å ha en mer aktiv hverdag med trening og næringsrikt kosthold.

 Dette kurset holdes ikke flere ganger i høst

Courses

Psycho education, applied sessions and lectures focusing on students, institutions and other interested parties





Student employees:

- Illustrators for articles
- Web designer
- Writers

Studentskribent



Sosial etter pandemi



Menssmerter

Articles:

- More than 150 articles focusing on different student related problems



SiO Health podcast - På helse Løs



New episodes

- How does it feel to get diagnosed? Henning Bang
 - How to revolutionize small talk. Solveig Kloppen
 - Is Oslo a crappy student town? Else Kåss Furuseth
- ... and about 50 other, previous episodes with other podcast guests

Gamification - Digitale tool for mastering mental health issues

- Sleep
- Mastering your studies
- Social anxiety
- Speak up (VR solution, coming in 22/23)



Student support



- Based on the Peer Support model by Oxford University
- Students helping students
- Get courses and supervision via SiO Counselling
- Organized as an association within SiO associations
- The student supporters....:
 - Answer questions concerning practical, social and emotional challenges, offer help to find services needed
 - Support students through 1:1 conversations, groups or other social events
 - Supporters treat everything with confidentiality, but also need to report cases in which life and health are threatened



You can find us:

- Blindern – Kristian Ottosens hus
- Sentrum – Holbergs gate 21
- BI – inngang ved Athletica
- Høyskolen Kristiania
- OsloMet
- Kjeller



 | Instagram SiOStudentliv

 | Facebook: SiO



| Questions and inquiries: www.sio.no/studenter-spør



Thank you!

