

Urgent situation outside office hours

If there is an **urgent situation** outside office hours and you require **immediate assistance** from a doctor you can contact the 'out-of-hours doctor's post' (in Dutch called "Huisartsenpost"). By 'urgent situation' is meant serious medical complaints, illness or injury for which treatment cannot be delayed.

- Out-of-hours doctor's post in Leiden – tel: 0900 513 80 39
- Out-of-hours doctor's post in The Hague – tel: 070 346 96 69

The "Huisartsenpost" is **for emergency cases only** and is more expensive than a regular visit to a GP/family doctor during weekly consulting hours. Needless to say, your health insurance will only reimburse you if it was indeed an emergency.

- Upon calling the "Huisartsenpost" you will first speak to an assistant who will ask you a number of questions to assess the urgency of the situation and type of assistance you require. The assistant will decide if a visit to the "Huisartsenpost" is necessary and let you know at what time you should come.
- Be aware that this initial telephone assessment is **not** free of charge. If you do not have a European Health Insurance card (EHIC) you will receive a bill for this service.
- If you have an EHIC, remember to take it along with you to your appointment, you will be asked to pay for your visit. You can ask for [reimbursement](#).
- If you do not have an EHIC you will be also asked to pay for your visit. You can request reimbursement for the cost of your visit and telephone assessment from your health insurance company.

Hospitals

Leiden University Medical Centre

Albinusdreef 2, Leiden
071 – 526 9111
www.lumc.nl

Alrijne hospital, Leiden

Formerly: Diaconessenhuis Leiden
Houtlaan 55, Leiden
071 – 517 8178
alrijne.nl/locaties/leiden

Alrijne hospital, Leiderdorp

Formerly: Rijnland hospital Leiderdorp
Simon Smitweg 1, Leiderdorp
071 – 582 8282
alrijne.nl/locaties/leiderdorp

For information about hospitals in The Hague see the [denhaag.nl website](http://denhaag.nl).

Services & helplines

Here below are the contact details of a number of useful services and organisations.

Dentists

Find a dentist via tandarts.nl.

This is a Dutch website but you simply need to type Leiden or 'den Haag' (Dutch spelling) in the search field and you will be provided with addresses and telephone numbers of local dentists. The Dutch word for dentist is 'tandarts'.

Pharmacies

Find a pharmacy via www.apotheek.nl.

This is a Dutch website but you simply need to type Leiden or Den Haag (Dutch spelling) in the search field and you will be provided with addresses and telephone numbers of local pharmacies. The Dutch word for pharmacy is 'apotheek'.

Aids STD Infoline

Aids Fonds

Tel: 0900 – 204 2040

aidsfonds.nl/about/organisation

Addiction and mental health

Trimbos Institute (websites in Dutch)

www.trimbos.org

Tel: 0900 – 1995

Smoking info: rokeninfo.nl

Alcohol info: alcoholinfo.nl

Drugs info: drugsinfo.nl

Community Health Service (GGD)

The GGD's role is to monitor, protect and improve the health of all citizens in the Netherlands, both during everyday life and crisis situations. There are branches in most major towns.

GGD Leiden

Parmentierweg 49

2316 ZV Leiden

Tel: 088 - 308 30 00

ggdhm.nl

GGD The Hague

Westeinde 128

2512 HE Den Haag

Tel: 088 355 01 00
ggdhaaglanden.nl

Walk-in Centre for Psychiatry

This is an independent, informal meeting place for people with psychiatric issues or concerns.

Hooigracht 12-14

2312 KS Leiden

Tel: 071 5141808

Tuesday till Saturday 19.30 - 22.30, Sundays 16.00 – 19.00

inloophuis-psychiatrie.nl (website in Dutch)

Korrelatie

Korrelatie is a national organisation that offers anonymous, professional psychiatric and psychosocial support.

Tel: 0900 – 1450

korrelatie.nl (website in Dutch)

Sexual discrimination, intimidation or assault

Leiden University has a [confidential counsellor on unacceptable behaviour](#) who you can contact if you have been the victim of unacceptable behaviour on the part of a staff member or fellow student of Leiden University.

Have you been sexually assaulted or raped? Call the [Sexual Assault Center](#), where a team of professionals, including doctors, psychologists and police officers, is on hand to give you the care and help you need.

113 Suicide prevention

[113 Suicide Prevention](#) is the national Dutch suicide prevention centre. You can call their crisis line 24/7 via **0900 0113** (from within the Netherlands). A team of fully-trained volunteers, psychologists and psychiatrists is always on hand to offer you confidential advice and support.

Health, Safety and Environment (VGM)

Leiden University has a department of Health, Safety and Environment (abbreviated to VGM in Dutch) that has its offices on Rijnsburgerweg 10 in Leiden (Poort Building, 3rd floor). You can find further details in the [organisational structure](#).

General Practitioner for international students - Huisarts voor internationale studenten

<https://www.universiteitleiden.nl/en/education/international-students/prepare-your-stay/insurance/registering-with-a-doctor>

Registering with a doctor

We highly advise you to register with a doctor (GP) in Leiden or The Hague before arrival or soon after you get here.

You can only get a doctor's appointment in the Netherlands after first registering at a doctor's practice. Furthermore, if you need to see a specialist, you must first obtain a referral from your own doctor – except in cases of emergency.

How can I register?

Leiden

The following doctor's practice is experienced in assisting international students. You can register as a patient via their website.

- Huisartsenpraktijk Boshuizen
A. Noordewierlaan 58
2324 KT Leiden
071 531 0047
[Website](#)

info@praktijkboshuizen.nl

The Hague

We recommend the GP practice below for students living in the centre of The Hague and near railway station Hollands Spoor. They accept new patients and have experience with international students. You can register as a patient via their website or in person.

- StudentDoc
Head office:
Boomsluiterskade 299
2511 VJ The Hague
070 382 4777
[Website](#)
info@dedoc.nl

You can also search for a doctor in The Hague [via this website](#). The site is in Dutch, but by entering your postal code or 'Den Haag' you can find your nearest doctor's practice. Contact the practice directly to ask how to register.

Required documents

To register with a doctor you will need to show your ID (passport or EU ID card) and proof of [health insurance](#).

Further information

For further information on healthcare services, please visit the [website for students](#).