**Mental Health & Additional Services**

1. **Do public healthcare services (TAJ) cover mental health services like therapy or counselling?**

Yes, public insurance covers some mental health services. Additionally, MATE offers free, confidential online counselling in English for international students. You can book a 60-minute session with Mr. Levente Somogyi via [Calendly](https://calendly.com/mentalhub-kft/60min). Contact him at [hs.somogyi@gmail.com](mailto:hs.somogyi@gmail.com) or +36-30-386-9898.

Furthermore, Julianna Várnai-Ihász has been part of the Center for Student Services as a psychologist and counsellor. She is available to support students at **Szent István and Buda Campuses** with career counselling. To schedule an appointment, you can reach her via email at [**varnai-ihasz.julianna@uni-mate.hu**](mailto:varnai-ihasz.julianna@uni-mate.hu).

1. **How can I access support for stress, burnout, or academic-related anxiety?**

Utilize the university’s counselling services (<https://en.uni-mate.hu/mental-health)> or seek support from mental health professionals at MATE. Check FB posts in International Students at MATE group and your mailbox for information on regular online workshops related to mental health.

1. **Are there any student-friendly mental health resources available in Hungary?**

Yes, the university provides resources, such as consulting services. Check here for more information: <https://en.uni-mate.hu/mental-health>

1. **Can I access physiotherapy or rehabilitation services under public healthcare services (TAJ)?**

Yes, with a referral from your GP, these services are typically covered. In Gödöllő: <https://tormay.hu/szolgaltatasok/fizikoterapia/> Patients can book their appointment by calling the following telephone numbers:

* Physiotherapy: +3670502 2025
* Therapeutic gymnastics: +3670502 2027
* Therapeutic massage: +3670502 2030