

## 1. General framework

- The **renewed convention primary psychological care (ELP)** covers **three care functions** offered through **mental health networks**:
  - **Community-based interventions:** group sessions focused on self-care, resilience and psychoeducation.
  - **First-line psychological support:** individual or group sessions focused on clarification and mental health promotion through resilience support and psychoeducational interventions.
  - **Primary psychological treatment:** individual or group sessions aimed at treating mild to moderate psychological problems.
- The convention covers most of the costs of the sessions directly through the **third-party payer scheme**. The student does not have to undertake anything for this concession. Where necessary, the student pays only the personal share.
- To **get reimbursement for ELP support and ELP treatment for international students under the convention**, the international student should:
  - have a social security identification number in Belgium (INSZ)
  - be affiliated to Belgian health insurance fund

These conditions **do not apply to community-based interventions**.

## 2. Social security identification number Belgium

- **International students** who enrol into a **degree contract** and **apply to the university for the first time** will be registered by the institution in the **Higher Education Database (DHO)** with details such as name, date of birth, country of birth, nationality and gender.
- DHO forwards that data to the **Crossroads Bank Social Security (Kruispuntbank van Sociale Zekerheid; KSZ)** to check if the student already exists in the database. The higher education institution gets back a **national registration number or a Bis number** for this student. These numbers are identical to the Social Security identification number in Belgium (INSZ).
  - **National registration number:** a unique 11-digit code whose first 6 digits indicate the date of birth (year, month, day) of the cardholder.
  - **Bis number:** a unique 11-digit code for persons who are not registered in the National Register, but who nevertheless have a relationship with the Belgian authorities. Unlike the National Register number, the month of birth of the Bis number is increased by 20 or 40.
- Regarding **exchange students**. These students **are not registered in DHO**. However, certain information systems such as Bamaflex do automatically create a BIS number for exchange students. **Exchange students applying for a residence permit** at the municipality will be given a **state registration number**. This overwrites the bis number already in the KSZ Database and invalidates it.

## 3. Affiliation to Belgian health insurance fund

- Students must be affiliated to a Belgian health insurance fund - as a student. There are several health insurance funds from which students can choose. For a full overview, see: **Contact health insurances | RIZIV (fgov.be)**
- For **students with a European Health Insurance Card (EHIC)**, affiliation is free to all mutual health organisations:
  - **Landsbond der christelijke mutualiteiten**
  - **Landsbond van de neutrale ziekenfondsen**
  - **Nationaal verbond van socialistische mutualiteiten**
  - **Landsbond van Liberale Mutualiteiten**
  - **Landsbond van de onafhankelijke ziekenfondsen**
- For **students without EHIC**, this can also be done for free by joining the Auxiliary Health and Disability Insurance Fund (HZIV/CAAMI).
  - **Hulpkas voor ziekte-en invaliditeitsverzekering**
  - **CAAMI | Une autre mutuelle (fgov.be)**
- Students usually need **the following documents** to join a health insurance fund:
  - Identity card or passport
  - Proof of enrolment at a Belgian educational establishment
  - Proof of residence in Belgium (e.g. rental contract)
  - Other documents depending on the specific purpose to reach an appropriate solution together.

## 4. ELP Care functions

### ELP support

- For minor complaints or short interventions.
- In the form of individual sessions or group therapy:
  - Individual: maximum 10 sessions over 12 months. First session is free, thereafter students aged 24+ pay only the co-payment €4 (with increased allowance) or €11. For students up to 23 years of age, there is no personal share.
  - In group: minimum 4 participants per theme, students aged 24+ pay €2.5 per session. There is no personal share for students up to 23 years old. There is no limit on the number of group sessions.
- Condition for student: INSZ number (BIS or national registration number) and affiliated to Belgian health insurance fund.

### ELP treatment

- ELP psychologist must complete functional treatment plan (with doctor's approval) and must be specialized in a particular topic.
- Individually or in group.
- On average 10 individual sessions with a maximum of 20 sessions. There is no limit on the number of group sessions. First session is free, thereafter, for individual sessions students aged 24+ pay only the co-payment €4 (with increased allowance) or €11. For group sessions, students aged 24+ pay €2.5 per session. There is no personal share for students up to 23 years old.
- Condition for student: INSZ number (BIS or national registration number) and affiliated to Belgian health insurance fund.

# Primary psychological care international students

## Community-based interventions

- Only in group and in person (not online).
- General topics with a view to psychoeducation (e.g. stress, social skills, emotion regulation, etc.)
- Spot-on and open to all.
- Minimum 10 participants or a defined group (e.g. International students).
- Given by ELP psychologist and second supervisor (e.g. from the organisation itself).
- There is no limit on the number of sessions.
- The sessions are free for students.
- There are no additional conditions for the student: INSZ number or Belgian health insurance are not required.

## Keen to learn more about this topic?

- **Primary and specialised psychological care through mental health networks | NIHDI (fgov.be)**
- **Primary care areas | Primary care areas**
- A **search engine** will direct you to the mental health network website. There you will find a list of the clinical psychologists and orthopaedagogues who are conventioned in your area.