Student Health Care
Gothenburg University
and Chalmers University of Technology
About us

Feelgood is one of the country's leading health companies. We are located all over Sweden with our own units and partners. The Feelgood group consists of activities in corporate health (including training and physiotherapy), organization and leadership, harmful use in working life and private health and wellness care as well as student health care. As a student, you belong to our unit Feelgood Gothenburg City. Feelgood is a supplement to other healthcare.

- Started in 1995
- 750 employees in total
- Owned by Finnish Terveystalo
- Not niche, works towards several industries, companies and organizations.
Our mission

As student health care, our mission is to prevent and promote students' health linked to their study environment.

You can contact Feelgood if you experience problems with study-related issues (It doesn't have to be caused by your studies but affects your studies). You are always offered an initial assessment visit where the staff can direct you to the right competence at Feelgood or at another healthcare provider outside the student health care.

Based on data, analysis and collaboration with contact persons at the University of Gothenburg and Chalmers University of Technology, we shall work comprehensively/strategically at the organizational level with the goal of developing the health and work environment for the students.

Statistics and feedback take place at a central level.
Contact us

Address: Östra Hamngatan 26

Book a visit via phone or email
• 010-810 81 92
• student.goteborg@feelgood.se
• Book a visit via the form (only students with a Swedish social security number)
  Monday - Friday 08: 00-17: 00

If cancelled:
• Cancellation must be by phone or email 24h prior to the booked visit måste ske senast 24 h:
  010-810 81 92 eller student.goteborg@feelgood.

Ordering group assignments:
• Anna Grentsell (anna.grentsell@feelgood.se, 0730-87 03 28).
As a student, you have access to...

- Three (3) visits/student and year (excl. 2 assessment visits)
- Telephone counseling is carried out by a company nurse (e.g. before a booking or only as telephone counseling).
- Assessment visits can be carried out by a company nurse/psychologist/physiotherapist (case and need dictate).
- Doctor's visits can occur as part of the above three (3) visits, for Medical check-ups, General health care International students, External/Internal counseling (medical expert resource).
Feelgood Student health care

Team:

- Company nurse
- Company doctor
- Ergonomist/physiotherapist
- Counselor/ Clinical psychologist
- Health developer
- Work environment engineer
- Customer manager
Competencies

- You often meet the **company nurse** for an initial assessment visit. Assessment can also take place via video visit or telephone. Examples Other: advice vaccination, sampling, medical checks.

- You see a **psychologist/behaviourist** for assessment visits, support calls (stress, anxiety, worry, crisis). It can also be based on a promotion perspective (coaching, strengthening motivation for lifestyle change, personal leadership). Also carry out video visits.

- **Physiotherapist/Ergonomist** prevents physical problems that often occur in a study environment in the neck, shoulders, lower back. Ergonomists also look over your workplace. Today, many people sit in their home environment, which makes it even more important to capture signals. Also carry out video visits.
Competencies

- **The company doctor** is both an external and internal advisor for certain assessments, among other things. Other examples: medical checks, certificate of studies abroad, medical expert, general healthcare (simpler healthcare) for international students.

- **Health developer** (health promotion efforts)

- **Work environment engineer** (physical work environment)

- **Organizational consultant** (Psychosocial work environment) - connected as needed for group and organization.
Example of tasks

Assessment visit
Call support
Ergonomics
Medical checks
Certificate of studies abroad
Lectures
Webinars
Educations
Crisis support (specific routine)
Conflict resolution
Health factors - how do I strengthen my health for stamina, concentration and recovery
Digital courses

**Digital education (Group)**
- Stress training (GU)

**Recorded Webinars (Group)**
- Sleep and recovery
- Stress management
- Physical activity
- Diet
- Procrastination
- Ergonomics
- Crisis management

**KBT Online – digital, individually tailored programs**
- The stress relief
- The emergency help
- The sleep aid
- The anxiety relief
Lectures, Courses

- Public Speaking
- Manage the darkness
- Alcohol/drugs
- Physical activity – balance in life
- Stress
- Ergonomics for a better study life
- Structure and planning for a sustainable study life
- Dealing with performance anxiety
Find more information.....

- [https://studentportalen.gu.se](https://studentportalen.gu.se)
- [https://www.chalmers.se/utbildning/dina-studier/](https://www.chalmers.se/utbildning/dina-studier/)
Thank you!