

## What to do if you are not feeling well

We are sorry to hear that you are not feeling well.

Please, contact the 061, health number, (+34 933 038 158 with a foreign SIM card).

061 Salut Respon is made up of a team of more than 200 professionals including doctors, nurses and technicians, who offer non-face-to-face healthcare and provide health advice and information. At 061 Salut Respon you can carry out administrative procedures and resolve health problems and doubts. If necessary, they will refer you to the most appropriate health center or activate a home doctor, ambulance or SEM medical helicopter to assist you. At 061 Salut Respon you can speak in more than 90 languages and dialects.

You can find all the information at the following link: <a href="https://sem.gencat.cat/ca/061-salut-respon/">https://sem.gencat.cat/ca/061-salut-respon/</a>
You can also download their app: <a href="https://sem.gencat.cat/ca/061-salut-respon/app-061/">https://sem.gencat.cat/ca/061-salut-respon/app-061/</a>

## Going to a doctor

If you have the **European Health Card** you can go to the closest Primary Care Center (CAP) or to the closest Primary Care Emergency Center (CUAP):

- You can check which is your assigned Primary Care Center <a href="here">here</a>
- You can find information of Primary Care Emergency Center (CUAP) in Barcelona that are opened 24 hours, 365 days <a href="here">here</a>

If you have a private Health Insurance, contact them to know which hospital or health center you should go.

## Psychological support

UB psychological support:

- You can find all the information about this service here
- If you need it you can contact them by filling the short questionnaire, and they will contact you. To fill in the questionnaire you need to enter to this link: <a href="https://www.ub.edu/web/ub/en/universitat/coronavirus/suport-psicologic/index.html">https://www.ub.edu/web/ub/en/universitat/coronavirus/suport-psicologic/index.html</a>?
- This service is free of charge for the user (2 sessions).

A part from the UB Psychological support, we would like to inform you that there is the <u>UB Psychological Clinic</u>. You can contact them by phone or by email <u>utc.clinica@ub.edu</u>:

- Opening hours: Mornings from Monday to Friday from 9.00 a.m. to 2.00 p.m.; Monday, Wednesday and Thursday afternoons from 15.00h to 19.00 h.
- To request a first visit please call: 670 039 731
- This service is not free of charge but UB community (students, staff, professors) has reduced rates.