



## Information to Ukrainian Students in Oslo and Akershus

These are troubling times for Ukraine as well as Ukrainians all over the world. To be away from your home and family during the events that have taken place over the last few days and weeks may be both stressful and scary, and the Welfare Parliament would like to remind you of some of the services offered by the Student Welfare Organization (SiO).

If you have trouble sleeping or focusing on your studies, simply talking to someone about your worries may help a lot. SiO offers counselling services that are free of charge. We encourage you to contact them if you feel like talking to someone or need advice.

For an appointment, you can call:

Blindern, Psychological health; 22 85 31 81, Student counselling; 22 85 33 27 email:

[radgivning@sio.no](mailto:radgivning@sio.no) or

Sentrum Psykisk helse; 22 85 30 40/ Rådgivning; 22 85 30 40/ 95 41 09 58 email:

[psykraad@sio.no](mailto:psykraad@sio.no) or visit their reception desk – opening hours 08.00 - 15.30 from Monday through Friday. Their office is located at Bindern, Problemveien 9 | Kristian Ottesens hus 2 etg., or Sentrum : St. Olavsgt. 32 (City centre), between SAS Hotel and Palace Park.

Read more at SiO's website: <http://goo.gl/UkllsH>

If you have any questions do not hesitate to contact us in The Welfare Parliament. We can be reached by e-mail, [leder@studentvelferd.no](mailto:leder@studentvelferd.no) or phone +47 45 03 22 23.

Best regards,

Kaia Marie Rosseland

*President, The Welfare Council*