

Youth counselling (age 16-27)

Your coverage

- Many young people feel pressured and struggle with their mental health.
- We offer targeted advice to young people in the form of confidential conversations with health professionals about challenges such as stress, anxiety, loneliness, eating problems or low self-esteem or problems in the family, school or with friends.
- With us, the young person gets a health professional to talk to, to guide and provide calm and support for the challenges the young person is struggling with.

How to make a claim

- Online you can make a claim as well as register your family at [MitDSS](https://mitdss.dk) at www.ds-sundhed.dk.

Contact Dansk
Sundhedssikring via
MitDSS or by phone
weekdays 8-15
weekends 9-11

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