

Occupational healthcare for employees at Umeå University

Our role

Feelgood provides Occupational healthcare as an independent organization with interdisciplinary expertise to work alongside Umeå University with healthcare for employees. Our goal is to work with promotion and prevention and to reduce the after effects.

Terms and conditions

All University employees are entitled to visit/book time with Feelgood for work-related problems. That means that anyone who is paid by Umeå University has the right to occupational healthcare, for example, included graduate students and visiting scholars (but not those with fellowship).

You do not need the permission or approval of the Head of Department or supervisor to contact us. All of our activities/appointments are confidential.

All individual consultations are free. Cancellations under 24 hours before the visit will be charged to Umeå University, so it is important to cancel in time if necessary. Group appointments ordered by the Head of Department are payable by the Institution/Department according to the prices in our contract (excluding first aid training and ergonomic consultation).

Appointments

The easiest way to book an appointment is to call our reception at 090-17 63 60 or send an e-mail to umea@feelgood.se.

You can also contact the personnel directly. Our office is located right next to the campus, the address is Tvistevägen 47 B (Uminovahuset)

Open consultation

Every Tuesday between 8:30 pm and 11:30 you can “drop in” to see our nurse for consultation and assessment.

The FeelGood Team

Mats Molin
Counsellor/Team leader
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Ulf Hägglund, 090-17 63 80
Physician, specialist in occupational healthcare

Elin Åberg, 090 17 63 96
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Maria-Brita Nilsson, 090-17 63 68
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Harriet Berglund, 090-17 63 86
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Kersti Godhe, 090-7 63 87
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Monica Burström, 090-17 63 88
Nurse/healthcare
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Frej Sjöström, 090-17 63 76
Master of engineering
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Counselling

We have psychologists and behavioural scientists who are familiar with the University's working environment and with the conditions that apply to researchers, teachers and administrative staff. Counselling support is designed and tailored for each individual and can range from therapy and crisis management, to support for dealing with relationship problems, conflicts, stress etc. The treatment may when necessary be coordinated with our doctor or other professions in our team. Our treatments usually include no more than 10 appointments, but can be extended if there are special reasons.

Support for Department Heads

Heads of Departments/Managers can talk to us directly to us for advice with regards to safety and health, but also get personal support in developing healthy leadership.

Graduate students

We have extensive experience in supporting and guiding students through the tough period of writing their thesis, often a very stressful time.

Stress Clinic

You can book an appointment with our nurse (tel17 63 88). There is a short waiting time for assessment of stress-related problems. An individual treatment plan is taken with each person and counsellor.

We start each semester that number group activities with different orientation , you interested please contact the respective contact person for more information.

Group	Contact Person
Stress – learn to manage stress	Maria-Britta Nilsson (tel 17 63 68)
Understanding your Inner resources - discover , understand and strengthen your inner resources	Harriet Berglund (tel 17 63 86)
Sleep School – for those who are concerned about sleep problems	Maria-Britta Nilsson (tel 17 63 68)
PhD students – juggling life and being a PhD student	Elin Åberg (tel 17 63 96)
Better Living - for those challenged by worry and anxiety in your everyday life	Elin Åberg (tel 17 63 96)
Mindfulness – practicing mindfulness	Monica Burström (tel 17 63 88)
Not again - for those who recovering from stress and stress related problems – avoiding a relapse	Mats Molin (tel 17 63 82)

Health studies

If you as a department head/manager wish to offer your employees a health study, we have methods adapted to the university environment.

Ergonomics

You can make an appointment for ergonomic advice and analysis of/at your workplace. If you have a visually demanding work, a statutory synergic/ergonomic investigation is required.

As department head/manager, you can order an ergonomic review of an entire workplace and we will gladly combine it with a lecture on ergonomics .

Training in Occupational Health

We offer courses that can be ordered via your the department head / supervisor and paid for by the department. (CPR is paid for by University).

Some examples of our courses (but we are happy to tailor make a course if you have other needs.)

- Cardiopulmonary Resuscitation – based on Swedish CPR Council guidelines as well as international guidelines from ILCOR (International Liaison Committee on Resuscitation) guidelines and ERC (European Resuscitation Council) with certified instructors.
- First Aid and Crisis Support (AFS1999 : 7) - according to Prevents education. Up to ten participants is paid for by the university's central funds. If you need more employees trained, the cost is funded by the Department/Institution itself. Refresher training will be offered every two years.
- Stress and stress management in the academic environment - we have lectures and courses of varying length and focus

- Ergonomics - focusing on different work environments such as labs and offices
- Conflict management - how to become better manage their own and others conflicts
- Fitness and Health – how to practically use new knowledge and research findings
- Threat and violence at the workplace - risk assessment and management
- Performance expectations and requirements - how the different methods can make us better equipped to manage demands; better manage public appearances, etc. .