

Reimbursement psychotherapy



How can you send us the request for reimbursement?

Via Mijn Helan, your online health insurance or the Mijn Helan app: take a photo or scan of the completed form and complete your request online.

By post to Helan Independent health insurance fund, Boomsesteenweg 5, 2610 Wilrijk.

Helan Independent health insurance fund

grants a reimbursement of 10 euros per session with a maximum of 12 sessions per calendar year. The therapy sessions must be conducted by a psychotherapist who is a member of a professional association, an educational psychologist or a psychologist.

Reimbursement is provided only if no reimbursement is available under the mandatory health insurance.

Starting 01/01/2025, therapy sessions with a sex therapist will also be reimbursed.

What must you do to benefit from this?

- Affix an identification sticker of the person who has followed the psychotherapy.
- Children and adolescents up to the age of 18: have this document filled in and stamped by the psychologist or therapist.

Identification sticker or client information

Identification sticker

To be filled in by the psychologist or therapist:

Select what fits:

- I hereby declare that I am a licensed psychologist
- I hereby declare that I am a certified an educational psychologist
- I hereby declare that, as a therapist, I am a member of a professional association, namely _____
- As a certified sexologist, I hereby declare that I am a member of the professional association VVS
- None of the above

- I hereby declare that these sessions are not covered by statutory health insurance

This service does not provide reimbursement for sessions with the following entities:

- Mental health centers
- Student counseling centers
- Rehabilitation centers
- Agency growth
- The Flemish Agency for Persons with Disabilities
- Social Work Services
- Educational institutions
- Judicial social work or special youth care



Identification sticker or client information

Identification sticker

Session	Date	Amount paid	Name and signature and/or psychologist's stamp, therapist or sex therapist
1 / /		
2 / /		
3 / /		
4 / /		
5 / /		
6 / /		
7 / /		
8 / /		
9 / /		
10 / /		
11 / /		
12 / /		

Nomenclature code: **809384**