If you are employed by **GU**:

1. Visit [here](https://medarbetarportalen.gu.se/anstallning/Lon-formaner-och-forsakringar/formaner/?languageId=100001) for information regarding reimbursement for wellness programs, Reimbursement of medical expenses, Occupational Health Care, and Insurance.
2. Visit [here](https://studentportal.gu.se/en/service-and-support/student-health#student-healthcare-services) for information regarding available mental health support.
3. Visit [here](https://studentportal.gu.se/en/your-studies/rights-and-responsibilities/discrimination-and-harassment) for information regarding reporting discrimination and harassment that you’ve experienced or witnessed.
4. Visit [here](https://gus.gu.se/studentombud) for information regarding GUS studentombud which supports you as a PhD student if you face any problems with your education and employment.

If you are employed by **Chalmers**:

1. Visit [here](https://www.chalmers.se/en/about-chalmers/work-with-us/chalmers-as-an-employer/benefits-and-conditions/) for information regarding health benefits, occupational health services, pharmaceutical benefits, and sick leave.
2. Visit [here](https://www.chalmers.se/en/education/student-support/wellbeing-during-your-studies/) for information regarding available mental health support.
3. Visit [here](https://www.chalmers.se/en/about-chalmers/organisation-and-governance/safe-at-chalmers/) for information regarding “Safe at Chalmers” where you can report discrimination and harassment that you’ve experienced or witnessed and to find support from student and safety representatives and unions.
4. Visit [here](https://www.dokt.chs.chalmers.se/support-for-phd-students/) for information regarding Doktorandombudet (DOMB), to seek support with institutional and personal problems and obstacles like inappropriate or abusive supervision, harassment, disability, stress, personal study plans (e.g. institutional duties) and much more.