SEPTEMBER 2025

Student well-being

ROADMAP

STUDENT WELL-BEING AT LEIDEN UNIVERSITY

Find out how to boost your well-being and who to contact for support on the student website

FIRST POINT OF CONTACT

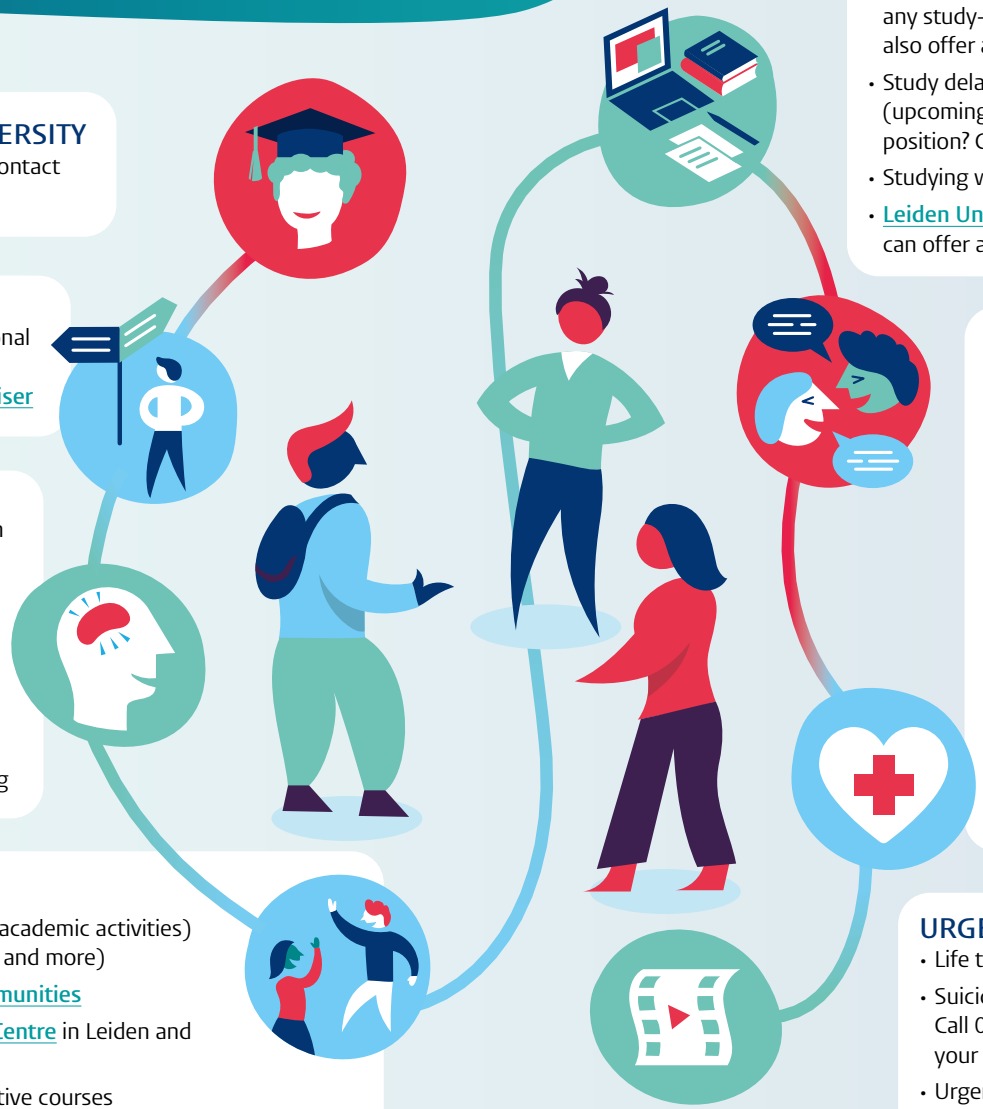
If you are experiencing academic challenges or personal circumstances that impact your well-being and/or studies, the first person to contact is your study adviser

COURSES, WORKSHOPS & E-HEALTH

- Want to work on your own (mental) well-being? You can follow free e-health courses, such as: finding balance, worrying less, or take control on your social media use
- Online self-help is also available to improve your study skills, like a workshop on how to prepare for exams or a course on self-management
- Visit the website for a list of all the workshops, course and support groups on offer, covering topics such as self-confidence, procrastination, stress and thesis writing

MEETING PEOPLE AND RELAXATION

- Become a member of a study association (social and academic activities) or student association (social activities, sport, games and more)
- Find out about the many diversity and inclusion communities
- Discover a wealth of sports at the University Sports Centre in Leiden and The Hague
- Get arty at the LAK and follow one of their many creative courses
- Meet fellow students and share experiences within a Student Support Group
- Find a buddy via one of the many buddy programmes
- Visit RAP100 for activities on themes such as community, meaning and personal growth
- Navigating Dutch student life? Join one of the activities offered by your faculty's POPcorner or the Meeting Point
- Download one of our apps to discover, join or set up an activity or community for students



STUDY-RELATED SUPPORT

- Make an appointment with a student psychologist to talk about any study-related and personal issues. The student psychologists also offer a range of training courses
- Study delay and questions about BSA, finances, top-level sports, (upcoming) parenthood, caring responsibilities or a board position? Contact the student counsellors
- Studying with a disability? Contact Fenestra Disability Centre
- Leiden University Career Zone and the Alumni Mentor Network can offer advice on study choices and your future career

ADDITIONAL SUPPORT OR ADVICE

- Medical care: make sure you are registered with a local GP. You can find one via Zorgkaart Nederland
- Mental health: your GP can refer you to the right sources of care
- Someone to talk to? The Luisterlijn (listening line) is available 24/7 or drop by @ease
- Brijder (Leiden) and Indigo (The Hague) are there for anyone who has questions about alcohol, drugs or addiction issues
- Unacceptable behaviour such as sexual harassment or discrimination? Contact the Confidential Counsellor for Unacceptable Behaviour. In case of sexual violence, the Sexual Assault Centre can help
- Depending on where you study and/or live, more support services are available

URGENT HELP NEEDED?

- Life threatening situation: Call 112
- Suicidal thoughts or concerned about someone? Call 0800-0113 (or from a Non Dutch phone call your country's hotline). Or chat via 113.nl/english
- Urgent psychological help: Contact your GP. Or outside office hours, contact your local out-of-hours doctor

STAY UP TO DATE

Sign up for the monthly student well-being newsletter and stay up to date on all the free activities, workshops and other services

Universiteit Leiden