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 our student well-being 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 or coordinator.

IMPROVE YOUR MENTAL WELL-BEING
- Want to work on your well-being? Try one of our eHealth modules.
- You can also make an appointment with a student psychologist for study-related and personal problems. They offer various training courses as well.
- Do you want to get started with your mental well-being? Use one of our E-health modules from Caring Universities and Gezonde Boel.

MEET OTHER STUDENTS
- Navigating Dutch student life? Join one of the activities at your faculty’s POPcorner or get in touch with the Meeting Point: POPcorner FSW - POPcorner Humanities - POPcorner The Hague - Meeting Point.
- Download the Uni-Life app to join or build a student community, discover events and other student-to-student activities.
- Study association: social and academic activities.
- Student association: social activities, sports, games and more.
- Diversity and inclusion networks and communities.
- Peer support: student buddy programmes & student support groups.
- Participate in one of the artistic and creative courses offered by the LAK (Leiden Academic Art Centre).
- Contact RAPENBURG100 to work on your personal development.
- Exercise together at the University Sports Centre.

VIDEO STUDENT WELL-BEING
Watch this short video on what to do if you encounter problems during your studies.

IMPROVE YOUR STUDY SKILLS
- Learn about study skills, mindmapping or preparing for exams in the one-hour online introduction workshops offered by the ePOPcorner.
- Visit the website for an overview of workshops, courses and support groups.

IMPORTANT CONTACTS
- Financial and legal matters: Contact the student counsellors.
- Disability facilities: Contact the Fenestra Disability Centre.
- Study choice and careers: Visit Leiden University Career Zone or the alumni Mentor Network.
- Unacceptable behaviour such as sexual harassment or discrimination: Contact the confidential counsellor. In case of sexual violence, the Sexual Assault Centre can offer professional help. If you experience difficulties with your studies because of harassment or discrimination, inform your study adviser or coordinator, or make an appointment with a student psychologist.

HEALTH
- Medical care: Make an appointment with your general practitioner (GP). Find one at: kiesuw huisarts.nl.
- Mental health: Your GP can refer you to a mental health specialist.
- Life-threatening situations: Call 112.
- Suicidal thoughts: Call 113. From a non-Dutch phone: call your country’s hotline. Alternatively, chat with someone at 113.
- Urgent psychological help: Contact your GP. Outside of office hours, contact the out-of-hours doctor in Leiden or The Hague.