

Selection Guide

Leiden University



This is an overview of our self help programs for students.



Universiteit
Leiden



Looking for the right program?

We've divided our programs into different categories.

Study

- Scheduling and structure
- Too much social media
- Stop decision stress
- Fear of failure

Mental health - reducing stress

- Worrying
- Relaxation
- Fear of failure
- Mindfulness
- Loneliness
- Balance
- Self-compassion
- Too much social media
- Overactive and inattentive

Mental health - preventing stress and enhancing resilience

- Living in a different culture
- Relaxation
- Managing your money
- Mindfulness
- Balance
- Self-compassion
- Too much social media
- Scheduling and structure

