**Student well-being for staff**

Do you have contact with students and could they use some extra help? Leiden University has a wide range of support for them and you. But where? This roadmap for lecturers, study advisers, mentors and other student-facing staff is a handy overview that will help you help your students.

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### STUDENT WELL-BEING WEBSITE FOR STAFF

You’ll find more information about student well-being on the [website](#) for staff.

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### WELL-BEING WEBSITE FOR STUDENTS

The [well-being website for students](#) provides tips and tricks on how students can boost their well-being. You’ll also see the student roadmap and the options offered to students. This [introductory video](#) explains the roadmap to students.

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### SERIOUS AND WORRYING SITUATIONS

- Life-threatening situations: call **112**
- If students have suicidal thoughts: call **0800-0113**
  - ‘Suicide Prevention in Education’ guide
  - ‘Warning signs of suicide in students’ guide
  - Ask for both via studentwellbeing@sea.leidenuniv.nl
- If you’re worried that a student may pose a risk to another student or a staff member: [concerning or threatening behaviour adviser](#)

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### REFERRAL OPTIONS FOR VARIOUS TOPICS

- First point of contact: [study adviser/coordinator](#)
- Helping first-year students find their way around: [mentor or tutor](#)
- Study options and career questions: [Leiden University Career Zone, Career Services](#), alumni [Mentor Network](#)
- Study and mental health problems: [student psychologists](#)
- Disabilities: [Fenestra Disability Centre](#)
  - Tips for lecturers on [making learning materials more accessible](#)
  - Special circumstances, such as parenting and elite sports: [student counsellors](#)
- Financial problems: [student counsellors](#) or [Schuldhulpmaatje](#)
- Addiction:
  - Information: [Trimbos Institute](#)
  - Addiction treatment in Leiden: [Briider](#)
  - Addiction treatment in The Hague: [Indigo](#)
  - GP in Leiden or The Hague: [kiesuwuisarts.nl](#)
  - Complaints by students who think they’ve been unfairly treated by a staff member or the University: [ombuds officer](#)

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### UNACCEPTABLE BEHAVIOUR: REFERRAL OPTIONS

- Unacceptable behaviour, such as bullying, discrimination or aggression: [confidential counsellor for unacceptable behaviour](#)
- Sexual harassment or violence:
  - Confidential counsellor for unacceptable behaviour
  - If students have experienced sexual violence in the past seven days: [Sexual Assault Center](#)
  - Emotional, practical and/or legal support for victims of sexual violence: [Victim Support Netherlands](#)
  - If students are having problems with their studies because of what they have experienced: [study adviser](#) or [student psychologists](#)
  - If the perpetrator is a member of the University community, contact the [concerning or threatening behaviour adviser](#)
Student well-being for staff

TRAINING AND WORKSHOPS FOR STUDENTS

- **Personal development**
- Study skills: ePOPcorner
- Group workshops:
  - Group workshops
  - Group training by the student psychologists
  - Workshops by Career Services
- Faith and spirituality: RAPENBURG100
- Creative development: LAK
- Sport: University Sports Centre
- Academic activities: Studium Generale

E-HEALTH MODULES FOR STUDENTS

- Supervised e-health modules about, e.g., resilience, procrastination or stress: Caring Universities
- GezondeBoel offers free anonymous ehealth programmes for students on topics such as fear of failure, social media addiction and alcohol consumption.

TRAINING AND WORKSHOPS FOR STAFF

Training in, e.g., conversation skills and coaching: see training options on the student well-being website for staff

- New Heroes Academy
- Diversity and inclusion
- Online suicide prevention training

CONTACT WITH OTHER STUDENTS

- POPcorners:
  - Social and Behavioural Sciences POPcorner
  - Humanities POPcorner
  - POPcorner The Hague
- Refugee students, first-generation students, international students and students from the Dutch Caribbean and Suriname who are finding their feet at the University: Meeting Point
- Student events: Uni-Life app
- Student Support Groups for social contacts and help with (study) goals
- Study buddy or social contact: central buddy service
- Study associations
- Student associations
- Well-being Wednesdays: students can sign up for the newsletter here
- Chat with trained students and lay experts: Frisse Gedachtes

If you have any feedback on this roadmap, please contact studentenwelzijn@sea.leidenuniv.nl