

# Student well-being for staff

## ROADMAP

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.



### STUDENT WELL-BEING WEBSITE FOR STAFF

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

### 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.

### 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](mailto: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](#)

### 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: [Brijder](#)
  - Addiction treatment in The Hague: [Indigo](#)
- > GP in Leiden or The Hague: [kiesuwhuisarts.nl](http://kiesuwhuisarts.nl)
- > Complaints by students who think they've been unfairly treated by a staff member or the University: [ombuds officer](#)



### 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](#)





### 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](#)

### ONLINE MENTAL WELL-BEING PLATFORMS

- > Supervised e-health modules about, e.g., resilience, procrastination or stress: [Caring Universities](#)
  - Information and training on using Caring Universities: [caring.universities@leidenuniv.nl](mailto:caring.universities@leidenuniv.nl)
- > Free anonymous e-health programmes for students and staff by Rivierduinen Mental Health Services. Register at [mijn.therapieland](#)



### 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](#)



### 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](#)

