

# 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.

### 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](#)
  - > Protocol (attempted) suicide: can be requested via [studentwellbeing@sea.leidenuniv.nl](mailto:studentwellbeing@sea.leidenuniv.nl)

### 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](#)
- > Money troubles: [student counsellors](#) or [Debt-help buddy](#) (Dutch only) or [Shout foundation](#).
- > Addiction:
  - Information: [Trimbos Institute](#)
  - Addiction treatment in Leiden: [Brijder](#)
  - Addiction treatment in The Hague: [Indigo](#)
- > GP in Leiden or The Hague: [kiesuwhuisarts.nl](https://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

- > Has the student experienced unacceptable behaviour, such as (sexual) intimidation, bullying, aggression, violence or discrimination? You can refer them to the [Confidential Counsellor for Unacceptable Behaviour](#) who can offer a listening ear, give advice, and look for possible solutions.
- > If the (alleged) perpetrator is affiliated with the university, contact the [Advisory team for concerning or threatening behaviour](#)
- > You can find more information on confidential counsellors and other sources of support for students on the [Unacceptable behaviour page](#)





### 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 FOR STUDENTS

- > [Guided e-health modules](#) on mental well-being are available, for example [improving your self-esteem](#) and [managing stress](#)
- > Online self-help aimed at improving study skills is also available, such as [exam preparation training](#) and [self-management for students](#)
- > Looking for the study method that work best for you? Follow one of [ePOPcorner's](#) free online courses on Brightspace



### CONTACT WITH OTHER STUDENTS

- > POPcorners:
  - [Social and Behavioural Sciences 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](#)
- > Events and social contact: [Uni-Life app](#)
- > [Study groups](#): study together with structure and routine
- > Join a [Student Support Group](#), which is a safe, confidential space for learning, sharing, and connecting with others.
- > [Study associations](#)
- > [Student associations](#)
- > Well-being Moments: students can sign up for the newsletter [here](#)
- > Via [@ease](#), young people can talk anonymously about what's on their mind
- > [Incluzio](#); [Social Creators](#) is a community in which young Leiden residents can make an impact, meet people and join in activities



### 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](#)

