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.

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
- 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 (Dutch)
- Addiction:
  - Information: Trimbos Institute
  - Addiction treatment in Leiden: Brijder (Dutch)
  - Addiction treatment in The Hague: Indigo (Dutch)
- GP in Leiden or The Hague: kiesuw huisarts.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](#) (Dutch)

E-HEALTH MODULES FOR STUDENTS

- Supervised e-health modules about, e.g., resilience, procrastination or stress: [Caring Universities](#)
- [GezondeBoel](#) (Dutch) offers free anonymous e-health 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](#) (Dutch)

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 Moments: students can sign up for the newsletter [here](#)
- Chat with trained students and lay experts: [Frisse Gedachten](#)

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

[UNIVERSITEIT LEIDEN
The Netherlands](#)

JANUARY 2024