

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
- > 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: 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](#) (Dutch)

E-HEALTH MODULES FOR STUDENTS

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



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 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](#) (Dutch)

