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](#)
- **Addiction:**
  - Information: [Trimbos Institute](#)
  - Addiction treatment in Leiden: [Brijder](#)
  - Addiction treatment in The Hague: [Indigo](#)
- **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
Student well-being for staff

ROADMAP

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
- 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**

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