

# Student well-being

## ROADMAP

### STUDENT WELL-BEING AT LEIDEN UNIVERSITY

Find out how to boost your well-being and who to contact for support on our [student well-being website](#)

### FIRST POINT OF CONTACT

If you are experiencing academic challenges or personal circumstances that impact your well-being and/or studies, the first person to contact is your [study adviser](#) or coordinator

### IMPROVE YOUR MENTAL WELL-BEING

- [Caring Universities](#) offers free online programmes to improve your mental health
- You can also make an appointment with a [student psychologist](#) for study-related and personal problems. They offer various training courses as well

### MEET OTHER STUDENTS

- Navigating Dutch student life? Join one of the activities at your faculty's POPcorner or get in touch with the Meeting Point: [POPcorner FSW](#) - [POPcorner Humanities](#) - [POPcorner The Hague](#) - [Meeting Point](#)
- Download the [Uni-Life](#) app to join or build a student community, discover events and other student-to-student activities
- [Study association](#): social and academic activities
- [Student association](#): social activities, sports, games and more
- [Diversity and inclusion networks and communities](#)
- [Student support groups](#): social contact, support and motivation
- [Student Buddy Service](#)
- Participate in one of the artistic and creative courses offered by the [LAK](#) (Leiden Academic Art Centre)
- Contact [RAPENBURG100](#) to work on your personal development
- Exercise together at the [University Sports Centre](#)

### VIDEO STUDENT WELL-BEING

Watch [this short video](#) on what to do if you encounter problems during your studies

### IMPROVE YOUR STUDY SKILLS

- Learn about study skills, mindmapping or preparing for exams in the one-hour online introduction workshops offered by the [ePOPcorner](#)
- Visit the [website](#) for an overview of workshops, courses and support groups

### IMPORTANT CONTACTS

- **Financial and legal matters**  
Contact the [student counsellors](#)
- **Disability facilities**  
Contact the [Fenestra Disability Centre](#)
- **Study choice and careers**  
Visit [Leiden University Career Zone](#) or the [alumni Mentor Network](#)
- **Unacceptable behaviour such as sexual harassment or discrimination**  
Contact the [confidential counsellor](#). In case of sexual violence, the [Sexual Assault Centre](#) can offer professional help. If you experience difficulties with your studies because of harassment or discrimination, inform your study adviser or coordinator, or make an appointment with a [student psychologist](#)

### HEALTH

- **Medical care** Make an appointment with your general practitioner (GP). Find one at: [kiesuwhuisarts.nl](#)
- **Mental health** Your GP can refer you to a mental health specialist
- **Life-threatening situations** Call 112
- **Suicidal thoughts** Call 113. From a non-Dutch phone: call your country's hotline. Alternatively, chat with someone at [113](#).
- **Urgent psychological help**  
Contact your GP. Outside of office hours, contact the out-of-hours doctor in Leiden or The Hague