

In this guide you will find an overview with useful information, trainings and referral possibilities to quickly help your students.



First contacts within the VU

Guidance from a tutor for (first-year) students (check within your own faculty/education)

The [academic advisor](#) can assist students with study-related questions, personal tutoring and practical study advice

If a student wants to talk to peers in an informal setting or get guidance on where to find support services at VU. Then direct them to the [Student Wellbeing Point](#), an initiative created by and for students



Serious and worrying situations

Life-threatening situation, call the VU emergency number: 22222 or 020-5982222

Also view the [suicide prevention and confused behavior alert card](#) for referral to appropriate care at the VU

Is there not a life-threatening situation but you have someone you are worried about? You can always [ask for advice at 113](#)



Referral options about different subjects **within the VU**

[Student psychological counsellors](#) offer help and guidance for study-related and personal psychological problems (through workshops and courses, online consultation hours and individual counselling sessions)

[Student counsellors](#) offer help and advice for confidential matters not related to the content of the study program, such as regulations and procedures

The [confidential counsellor](#) offers a confidential setting to talk about unde-

sirable behavior, such as discrimination, (sexual) harassment or bullying.

With [social safety](#) you can report or discuss your experience with inappropriate behavior or an unsafe situation (such as stalking, sexual harassment or discrimination)

With the [ombudsman](#) you can file a complaint about the incorrect application of legislations and regulations, about the organization, the education or the conduct of an employee



Possibilities **outside the VU** for referral on various subjects

Getting support for a profoundly experienced situation, students can contact [victim assistance \(NL\)](#)

If a student would like to use a helpline but has no idea where to start, let them check [findahelpline.com](#)

For international students: information about registering at the General Practitioner (GP) or insurance can be found [here](#).



Information for employees

If you are a staff member seeking advice on dealing with student wellness/mental health issues, you can also use this guide to contact the various student counselors.

For help with your own (mental) health, check out [this page](#)



Contact with other students

If students would like to get in touch with psychology students or experience experts to talk about mental wellbeing. Let them get acquainted with the chat options of ['Frisse Gedachtes'](#)

Does the student want to easily get in touch with other students? Then refer the student to the [study](#) and [student](#) associations or to the ['Life is better in 3D' activities](#)



Training and workshops for students about wellbeing

Exercise plays an important role in the wellbeing of students, there are various sport options at the two locations of [Sportcentrum VU](#)

When students are looking for a place to reflect and connect with others. [New Connective](#) organizes workshops and events.

Do students want to get more out of their studies or do they need some

extra support? See what training courses [VU offers](#) around optimal studying

For students who want to improve their mental health, [Caring Universities](#) offers free online services



Webpage for student wellbeing

On this [page about student wellbeing](#) we offer students a clear overview of all supportive programs that VU Amsterdam and its community are offering to benefit students wellbeing and safety.