














Student Wellbeing

Where can you go with questions?

 <p>Academic Advisor</p> <p>Contact the Academic Advisor of your study programme for study advice, studying with a disability or study delays.</p>	 <p>International Office</p> <p>Contact the International Office for information about visa, housing and scholarships for international students.</p>	 <p>Student Psychological Counsellor</p> <p>Contact the Student Psychological Counsellors for mental health issues affecting your study performance, such as performance anxiety, procrastination, stress or loneliness.</p>	 <p>Student Counsellor</p> <p>Contact the Student Counsellors for support and advice about matters not directly related to the content of your study programme, such as finance, housing and regulations.</p>	 <p>Student Confidential Counsellor</p> <p>Contact the Student Confidential Counsellors for confidential support and information about the steps that can be taken to report inappropriate behavior.</p>	 <p>Coordinator Social Safety</p> <p>Contact the Coordinator Social Safety for reporting issues like intimidation, threats, stalking, sexual violence and discrimination.</p>	 <p>Student Ombudsman</p> <p>Contact the Student Ombudsman for information about university regulations, procedures and your rights, obligations and possibilities to solve a problem you are experiencing.</p>
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Find more information about mental wellbeing, student wellbeing and wellbeing activities at vu.nl/wellbeing.

Additional guidance and support

 <p>Student Wellbeing Point</p> <p>At the Student Wellbeing Point, a (trained) fellow student offers a listening ear, a safe place to catch your breath or advice on where to find VU support services. You can walk by or chat them daily from 10-16, or email Studentwellbeingpoint@vu.nl.</p>	 <p>MoodLift</p> <p>Moodlift offers free online e-health programmes for students to improve their mental wellbeing.</p>	 <p>@ease</p> <p>@ease offers free walk in conversations or online anonymous chat options. Find more information and locations at @ease.</p>	 <p>Frisse Gedachtes</p> <p>Frisse gedachtes offers a free anonymous chat function, walks with fellow students and events focused on student wellbeing.</p>	 <p>NEWConnective</p> <p>At NEWConnective, you can find a place to reflect and connect with other students. NEWConnective organises various events on life questions, meaning, and personal beliefs.</p>	 <p>113 Suicide prevention</p> <p>Are you thinking about suicide, do you know someone you are concerned about or do you want to know more about suicide prevention? Call the free number 0800-0113 (available 24/7) or go to www.113.nl.</p>
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Workshops, events and other initiatives to connect with other students can be found on the [Wellbeing Calendar](#).