



Sometimes I  
just feel like...

Your **first point of contact** when you have any questions or concerns is always your **coordinator of studies**. The coordinator can always advise you on- and possibly refer to the initiatives on this roadmap

## ... I would like to talk to someone

- Coordinator of studies:  
First person to approach for advice and help with personal issues, study plans, delay, general study problems, etc.
- General practitioner:  
For urgent psychological/physical support and illness
- Student psychologist:  
For psychological issues that hinder your studies. For severe psychological issues contact your GP
- Leiden University Student Helpline (The listening phone):  
For an anonymous phone-call/chat when feeling anxious, stressed or lonely
- Life coach/ Spiritual counselor (phone or chat):  
Conversations on personal development, support in your daily struggles, spiritual advise
- Fenestra disability centre:  
Information centre for students with a disability (physical/mental)

## ... I want help with my study skills or study more efficiently

- Coordinator of studies:  
Study plans, study delay, general study problems, etc.
- Study skills workshop:  
To work on studying in a more active, focused and concentrated way
- Time management workshop:  
Learn how to design a realistic schedule and to stick to it
- Taking exams & exam confidence:  
How to prepare for exams and to answer different types of questions
- E-Popcorner Brightspace  
Online 1-hour workshops to improve your ways in studying
- Faalangstreductietraining (Dutch only):  
If stress and tension hinder you from getting good results
- Eerste hulp bij uitstelgedrag (Dutch only):  
To support you in executing your intentions and providing social control

## ... I want to improve my mental health

- Coordinator of studies:  
First person to approach for advice and help with personal issues, study plans, delay, general study problems, etc.
- Moodpep programme:  
Online self-help program to tackle mood problems
- Caring Universities Relax programme:  
To help you learn to deal with stress
- Online training Change your mind (RET):  
To tackle fear of failure, anxiety, negative and circular thought patterns

## ... I would like more contact with other students

- Study association BASIS:  
Variety of activities, both social and academic
- (International) Student associations:  
From religious associations to the board game association
- Study in The Hague:  
For tips on student life in the Hague and links to (international) student groups
- Student support group:  
Form sustainable support networks during weekly meetings

## ... I want to get out of my head

- University Sport Center:  
From meditation and mindfulness to boxing and swimming
  - USC Instagram: Free sport lessons on IGTV
- Healthy University 10 min desk-chair exercise:  
To integrate into your daily routine
- Cultural workshops:  
From drawing, to urban contemporary dance to Chinese calligraphy