

# Roadmap Student Wellbeing Exchange

## students LUMC



I would like...

### ... to improve my mental health

- **LUMC International Office/study advisor home institute**  
1. First points of contact for advice and help with personal problems, problems at the internship, study plans, delay, study problems, psychological problems and help with referral.  
2. The LUMC International Office advisors have a number of books that can be supportive. You can borrow these through them.
- **Coach**  
Would you like guidance in your personal and professional development? Two of our study advisors are trained as coaches and can offer you a trajectory of a number of coaching conversations.
- **Student psychologist**  
For psychological problems that hinder your studies.
- **General practitioner (GP) or practice counselor**  
Know that you can always contact the practice counselor through your GP, this is not covered by the deductible and is therefore usually free of charge.
- **Suicide prevention: 113.nl**  
You can call or chat anonymously. They are there for you.
- **Wij zijn MIND**  
An organization that gives voice to all people with (starting) psychological problems and offers their loved ones information, advice and support - online, by telephone and anywhere in the country (only Dutch).
- **Gezondeboel**  
The Healthyboel E-modules have been specially developed for students and focus on the most common problems during student life. You can follow these modules anonymously (only Dutch).
- **Stressbuddy app**  
Specially developed app for LUMC students, aimed at monitoring your stress level. It gives personal advice based on the degree of stress experienced. The stress buddy is offered through your education.
- **Caring universities**  
An online platform focused on the well-being of students. You can follow different programs for your mental well-being for free. Eg: **Moodpep Program**: online self-help program to tackle mood problems.
- **Unacceptable behavior**  
To be able to see where you can go if you have to cope with this.

Your first point of contact for questions or comments is always the LUMC International Office or the **LUMC-education service point (OSP)** from your home institution. On the university page **Student Wellbeing** you will find general information about improving your wellbeing.

### ... help with developing study skills or my career path

- **LUMC International Office/study advisor home institute**  
First points of contact for advice and help with study plans, study delay, general study problems and referrals.
- **Student support groups**  
If you are looking for social contact and support through weekly (online) meetings with a group of students.
- **E-popcorner Brightspace**  
1-hour online workshops to improve the way you study.
- **Wide range of courses from Leiden University**  
From studying effectively to learning more about time management and much more, the University offers various courses.
- **Performance Anxiety Reduction Training**  
When stress and tension hinder you from achieving good results.

### ... to relax more

- **University Sports Center (USC)**  
From meditation and mindfulness to boxing and swimming. USC instagram: free sports lessons on IGTV.
- **Healthy University: 10 min office chair exercise**  
To integrate into your daily routine.
- **Cultural workshops**  
From drawing, to urban contemporary dance to Chinese calligraphy.

### ... to talk to someone

- **LUMC International Office/study advisor home institution**  
First points of contact for advice and help with personal problems, study planning, delay, study problems, psychological problems and help with referrals.
- **Buddy**  
Helps you to find your way in the program and study life during your first year of study. The emphasis is also on social bonding.
- **Course coordinator**  
Point of contact for problems you experience during a course that you cannot or do not want to discuss with your teacher.
- **M.F.L.S.-board**  
Walk by the room of M.F.L.S. to have a nice chat, or to get more information about the student association.
- **FSW coach**  
Personal coaching trajectory of 6 sessions (start March or October). The coach is more focused on the here and now, on personal development and achieving certain goals. The psychologist looks more at underlying psychological problems. Mail if interested: [CoachingLU@FSW.leidenuniv.nl](mailto:CoachingLU@FSW.leidenuniv.nl)
- **Student Counselors**  
Help with obstacles in which various regulations and legal provisions play a role (top sport; functional limitation; children/pregnancy; money problems).

### ... to have more contact with other students

- **Uni-life app**  
An app specially developed for students. Here you can see everything there is to do for students and you can easily get to know new people.
- **Buddy Service**  
Are you looking for a study buddy? You will be put in contact with another student via the buddy service.
- **Diversity and Inclusion**  
To see what kind of networks/activities there are related to diversity and inclusion (such as: LGBT+ network, Afro Student Association, Access & Support Platform (for people with disabilities), Space to Talk About Race (STAR)).