

Do you need help?

SOCIAL ROADMAP: Help within my organisation



Are you worried about **the progress of your studies**? Contact the **Student Advisor of ESHPM**. During a meeting, you can discuss your situation and find a solution together. The Student Advisor provides you with guidance or advice on the content of your studies.

Do you have questions regarding **substance abuse or addiction**, or are you **concerned about a loved one**? You can contact **the Health Coach** for help in this field: covering areas such as nicotine, alcohol, cannabis, hard drugs, as well as gaming and gambling.



Do you want to **take a break from studying**? Or do you need a **listening ear**? Then come visit **the Living Room**: on the ground floor in Langeveld building.



If you are dealing with **improper behaviour from fellow students or staff**, you can contact the **confidential counsellor**.



On the **Student Wellbeing Platform** you will find a listening ear, tips and fun activities. There is a student helpline called Frisse Gedachtes, online coaching and advice and guidance for different situations.

Are you confronted with **mounting finances and debts**? You can contact **JIP** directly or visit their **monthly financial consultation hours on campus**: the last Tuesday of every month in the Personal Support Hub, located in the Living Room (Langeveld building)



Would you like to have **an informal chat**? The **Spiritual Counselors** are available for a listening ear. You can talk to them about an unexpected (family) situation or something drastic that you experienced. You can also talk to them about discovering your path and finding your inspiration and motivation again. In addition, interesting study trips and workshops are regularly offered.

Do you experience **(non-)study related problems**? For example, a lot of stress, financial problems or uncertainty about your future? The **department of Student Support** (with Student Psychologists, Student Counselors and Career Advisors) is available for advice and one-to-one counselling sessions. Additionally, they offer various workshops.



Do you need help?

SOCIAL ROADMAP: Help outside of my organisation

Are you not feeling well? Discuss it with your GP. He or she can inform you and give advice on your situation and your health insurance. If necessary, the GP can help you with a referral to a practice support worker or psychologist.

In the middle of the night, in the early morning or on a holiday. The [Luisterlijn](#) is available day and night, all year round, for people who need a confidential conversation. The Luisterlijn can be reached by e-mail, by chat all days of the week and 24/7 by phone.

The [MIND foundation](#) offers support and information on mental health. MIND also offers various stories of experience. They can be reached during the day via telephone, chat and whatsapp.

Talking helps!

Are you struggling with something, or not feeling well? Talking to someone can be enormously relieving. This can be a family member, friend, co-worker or complete stranger. Choose someone you feel comfortable with.

Are you looking for a psychologist? Then discuss this with your GP. They can help you with a referral so that your health insurance can cover the costs.

Is something bothering you? At [@Ease Rotterdam](#) you can simply walk-in in person or chat online: anonymous, without a reservation and free. For young adults aged 12-25 years.

Do you feel you have lost your grip on yourself and the things around you and do you want to feel better again? [Grip op je Dip](#) is for young people who are feeling down and for the people around them. All information of Grip op je Dip is based on scientific knowledge.

Do you need help? [113](#) Suicide Prevention offers a listening ear, self-help course, online therapy and coaching if you are having suicidal thoughts. You can chat anonymously 24/7 via [113.nl](#) or call 113 or 0800- 0113 (free).