

# HU HELPS YOU



## STUDENT COUNSELLOR

Discuss the available options for help and support in case of personal circumstances that may hinder your study progress. Such as:

- physical and/or mental issues/impairment (temporary or chronic)
- special personal circumstances
- lack of motivation or concentration
- financial issues
- language barriers



## STUDY CHOICE ADVISOR

Address your doubts about:

- choosing a programme
- (dis)continuing your programme
- choosing a minor
- choosing a master's programme or pursuing further studies
- employment after your studies



## STUDENT SUPPORT CENTRE

Take part in free training sessions and workshops such as:

- stress les(s)
- mindfulness
- learning how to learn



Connect with fellow students in a **SUPPORT GROUP**

Get your studies on track at the **STUDY SUPPORT ROOM**

Enhance your language skills with **LANGUAGE SUPPORT**

Meet international students at **HU HOME**

## STUDENT PSYCHOLOGIST



Discuss mental health issues that (may) hinder your study progress.\*

For example:

- lack of motivation or concentration
- problems in interacting with fellow students or teachers
- family issues
- feelings of sadness and loneliness



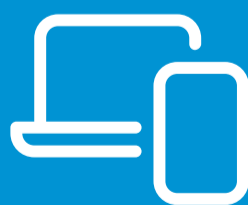
\* Psychological assistance is short-term and only available upon referral from a student counsellor.



## CONFIDENTIAL ADVISOR

Get in touch:

- if you feel unsafe at the HU
- in case of inappropriate conduct such as (cyber)bullying, stalking, aggression, discrimination or (sexual) harassment involving a student or HU staff member



## ONLINE SELF-HELP MODULES

Follow a module on topics like:

- concentration, procrastination
- stress
- sleep issues, relational issues and much more

