

STUDENT WELL-BEING

WHO

WHO CAN HELP YOU?

If you have questions about your (mental) health and well-being, it is important to know who to turn to. Both within your study programme and Zuyd as a whole, various counsellors and support staff are available. They are there to help you, so don't wait too long to seek help!



Professionals

STUDY COACH

your first point of **contact**

(teacher, mentor)

ZUYD LUISTER

trained students who offer you a **listening ear**

STUDENT COUNSELLORS

for issues that affect **your studies**

STUDENT PSYCHOLOGISTS

assist you with **psychological issues**

CONFIDENTIAL ADVISOR

if you encounter **undesirable behaviour**

WHAT

WHAT CAN HELP YOU?

Zuyd offers all kinds of workshops, training courses and facilities that contribute to your mental or physical health. Additional support is also available during your studies.



Training courses for mental health & balance

MISSION POSSIBLE

more self-confidence, **less stress!**

FLOW INTO

for more **balance**

YOUR LIFE

ME, MYSELF AND I

for your **personal development**

MUSIC THERAPY

training against low moods

ZUYD STIL

for moments of **rest and attention**



Physical health & lifestyle

VITALITY

CHECK

by health **professionals**

STUDY PLACE CHECK

LIFESTYLE

for nutrition, exercise, sleep, quitting smoking and relaxation

COACHING

ZUYD FIT

free and **varied programs** from kickboxing and body training to yoga and meditation



Extra study support

SPECIAL

CIRCUMSTANCES

special arrangements in case of disabilities or top-class sport

FINANCIAL SUPPORT

PEER GROUPS

to exchange experiences on highly giftedness or autism

ZUYD DIVERSITY

LHBTIQA+ community

TIME MANAGEMENT

practical **tips** for working smarter

Check for more information on the well-being offerings zuyd.nl/student