



SamenwerkingsOverleg Faculteitsverenigingen
Heyendaalseweg 141, N-1.323, 6525 AJ Nijmegen
info@sofv.nl www.sofv.nl

Hand-out mental support

Being a student board member can put a lot of pressure and stress on a young person, which can affect your mental health. The board of SOFv recognises this issue and takes the well-being of the people behind study organisations very seriously, which is why the board has decided to create a hand-out for mental support. This document serves as a guide for board members of member organisations of SOFv to consult whenever they would want to seek aid and support regarding their personal mental well-being.

This list is compiled by the board of SOFv and comprises a variety of professional people and institutions within Radboud University students can contact to ask questions to and receive help from. Please note that this list is not comprehensive of all possible sources one can turn to in the events of personal issues.

Frisse Gedachtes

Frisse Gedachtes is a student movement that aims to improve student well-being. It does that by offering three free services. Firstly, a chat platform where students can chat anonymously with psychology students and experts by experience. Secondly, the option to be randomly matched to a fellow student in order to be able to go for a walk together. Third, events to make student welfare more open to discussion.

Student psychologist

If you have psychological issues or complaints that are affecting your studies at Radboud University, a student psychologist can provide the necessary guidance. Please note that there are currently longer waiting times for the student psychologists. If your situation is urgent, please contact your GP immediately. You may also call the huisartsenpost Nijmegen (Nijmegen Medical Centre) outside of office hours on 0900-8880. To make an appointment you can consult:

<https://www.ru.nl/en/students/services/guidance-and-advice/counsellors/student-psychologist>



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Student counsellor

The student counsellor can help you with questions or problems relating to rules and regulations, financial support, or personal circumstances. For more information, please contact the Central Student Desk. The Central Student Desk is available on weekdays via centralstudentdesk@ru.nl or (024) 361 23 45.

Social worker

The social workers of Radboud University can help international students with challenges and problems one may encounter when adjusting to a new environment, culture and phase in their life. You can get in touch with the social workers via socialwork-studentsupport@ru.nl.

Study advisor

Each programme has its own study advisor who provides information about the study programme and advises students about making decisions during their studies. You can schedule an appointment with your study advisor via the page of your faculty's [Student Information Point \(STIP\)](#).

Radboud Well-being ambassadors

Radboud Well-being Ambassadors is a student assembly that builds a bridge between Radboud University and its students. They aim to improve well-being on campus, raise awareness on mental health and reduce the stigma surrounding it. You can send them a message on their Facebook page:

<https://www.facebook.com/radboudwellbeingambassadors/>.

Student Chaplaincy

If you are looking for someone to share your personal thoughts, questions or difficulties with, we offer confidential support. You may want to talk to someone other than your friends, teachers or family about things on your mind. Such as problems with your study, a difficult decision or choice, trouble with your parents, feeling lonely, coping with a different



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culture, high expectations and stress, relationships and sexuality, or questions about your religion or values. You are welcome to make an appointment with one of the chaplains via this link:

<https://www.ru.nl/studentchaplaincy/personal-contact/personal-contact/personal-conversation/>.

Confidential Contact Person of SOFv: Siena Vergeer & Daniel Holleman

As the board of SOFv, we recognise that certain struggles and issues experienced during your board year can be a source of frustration, uncertainty and negative thoughts. This is why we have introduced our association's very own Confidential Contact Persons (CCP/VCP), to whom you as a board member can turn to when you feel matters need to be discussed with someone from outside your own association. The CCPs are trained to listen to your issues and redirect you to the right institution or person. The persons this academic year are *Siena Vergeer* and *Daniel Holleman*. You can send them your request for a meeting via email: ccp-siena@sofv.nl or ccp-daniel@sofv.nl. Please note that these conversations will stay private and its contents will under no circumstances be shared with anyone else, without your permission, also not with the board members of SOFv.

On a concluding note...

The board of SOFv wishes you all the best for your personal well-being and hopes this list can be seen as a warm invitation to take care of oneself and others.

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