

YOUR PERSONAL NETWORK

The people around you can also be a valuable source of support and understanding. Think about family, friends, fellow students or dorm mates close to you. Additionally, your general practitioner or other professionals you've connected with can be trusted figures within your personal network. Feel free to discuss your concerns and questions with them as well.

WHO WOULD YOU LIKE TO REACH OUT TO WHEN YOU'RE NOT FEELING YOUR BEST?



EMPOWERING YOURSELF!

These tools are designed to support you, at your own pace and according to your needs. You can start taking steps on your own to enhance your well-being.

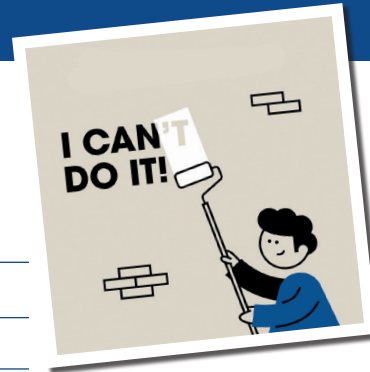
MOODSPACE.BE/EN

Website providing students with reliable information, tips & tricks and self-help resources.

INFOGRAPHICS & CANVAS-PAGE STUDY GUIDANCE

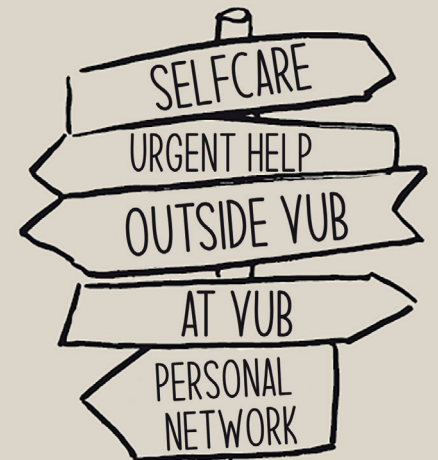
Tips & Tricks from student psychologists, study advisors and study path counsellors at vub.be and the Study Guidance Canvas course.

WHAT SUPPORTS YOU WHEN YOU ARE HAVING A HARD TIME?



NAVIGATING YOUR WELL-BEING

WHERE CAN YOU GO AS A VUB STUDENT WHEN YOU'RE NOT FEELING WELL?



URGENT SUPPORT

Are you in need of urgent support? Find out where to go here.

CAMPUS SECURITY EMERGENCY NUMBER

Campus security ensures your safety on the VUB campus. Call 02 629 11 11 for urgent support.

112 EMERGENCY NUMBER

Are you, or is someone close to you, in danger? Call the emergency number 112 for Ambulance, Police or Fire Department.

CHS HELPLINE

Need to talk now? CHS offers an English-spoken support helpline that is free of charge, anonymous and confidential. Call 02 648 40 14.

SUICIDE PREVENTION LINE 1813

Thinking about suicide? Call 1813, email or chat via zelfmoord1813.be (website only in Dutch).

ON CALL GENERAL PRACTITIONERS

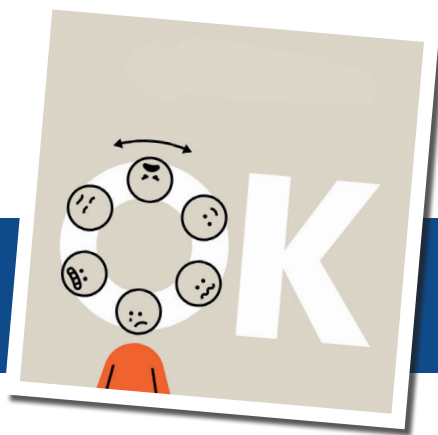
Not feeling well when your regular general practitioner isn't around? Call 1733.

POISON CONTROL CENTRE

Helpline in case of poisoning. Call 070 245 245.

SEXUAL ASSAULT CENTRE

Support for victims of sexual violence. Visit sac.belgium.be to find help in your region. Drop by, email, or call.



WITHIN VUB

MEETING POINT STUDY GUIDANCE

Need a chat or a listening ear for big or small questions? Drop by, call, or email.

STUDENT PSYCHOLOGISTS

The team of student psychologists from Study Guidance is also available for you.

BRUCC

Centre for psychological services (psychological consultations and diagnostics), offering accessible primary psychological care.

CONFIDENTIAL COUNSELLOR FOR STUDENTS

A listening ear for problems or interpersonal conflicts on campus.

KOTCOACH

Support and a listening ear for students who live in VUB accommodations.

GENERAL PRACTITIONERS: UGP (ETTERBEEK) & PATIO (JETTE)

GP practices in collaboration with VUB.

REPORT IT HELPLINE

For reporting transgressive behaviour within the VUB community or on campus.

OUTSIDE VUB

JAC (UP TO 25 YEARS OLD) AND CAW

Personal guidance and solutions for all your questions. Check caw.be for a centre near you. Drop by, call, email or chat (website only in Dutch).

COMMUNITY HELP SERVICE (CHS)

Mental Health Services Centre in Brussels, housing an international team of professional therapists who support a comprehensive range of mental health issues. Check chsbelgium.org and Call 02 647 67 80 to book an appointment.

TEJO

Accessible and free therapeutic counseling for youths up to 20 years old. Drop by, call, or email a TEJO House near you via tejo.be (website only in Dutch).

VINDEENPSYCHOLOOG.BE OR VINDEENTHERAPEUT.BE

Find a psychologist or therapist that suits you. Also, for accessible and affordable primary psychological care (ELP) (websites only in Dutch).

DE DRUGLIJN

For all questions about drinking, drugs, pills, gaming and gambling. Call 078 15 10 20, email or chat via druglijn.be/english.

UNIA

For reporting discrimination and hate speech. Make an online report via unia.be/en or call 0800 12 800.

OVERKOP-HUIS

Activities for youths up to 25 years old, as well as for a listening ear or professional assistance. Visit overkop.be for a centre near you (website only in Dutch).

The contact details of all these services can be found via this QR code.



Although some services only provide a website in Dutch, guidance should be available in English.