

WHAT HELPS YOU?

Sometimes it's the little things that can make a big difference: a talk with someone you trust, moving your body, eating well, music, daily structure, or simply taking a break.

Take a moment to reflect on what supports you when things feel a bit heavy. Think about people around you, but also about habits or activities that help you feel better.

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

WHAT HELPS YOU FEEL BETTER?

**WHAT WOULD YOU LIKE TO DO MORE
OFTEN FOR YOURSELF?**



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.

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.

MOODSPACE.BE/EN

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

FINANCIAL CONTRIBUTION PSYCHOLOGICAL CARE

If the psychological support you need cannot be provided through the VUB or the (subsidised) services of our external partners, you can apply for a reimbursement of (part of) the cost of psychological care. More information and the conditions can be found via this QR code.



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 +32 2 629 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 +32 2 648 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

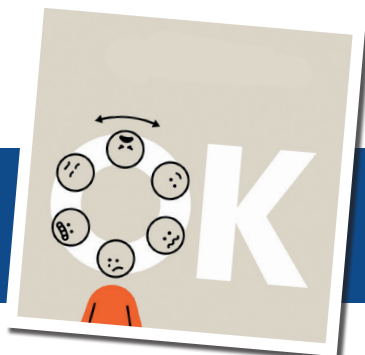
Not feeling well when your regular general practitioner isn't around? **Call 1733**.

SEXUAL ASSAULT CENTRE

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

CALL ALICE

A specially trained driver will bring victims of sexual violence in Brussels directly to a Sexual Assault Care Centre. **Call +32 2 349 44 22** and ask for "Alice".



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 +32 2 647 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).

SPREEKEROVER.BE

Quickly and easily find an accredited clinical psychologist in your area for accessible primary psychological care. A Belgian social security number (INSZ) and Belgian health insurance are required (website only in Dutch).

VINDEENPSYCHOLOOG.BE OR VINDEENTHERAPEUT.BE

Find a psychologist or therapist that suits you. (websites only in Dutch).

DE DRUGLIJN

For all questions about drinking, drugs, pills, gaming and gambling. **Call +32 79 15 10 20, email or chat via druglijn.be/english**.

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.