

# WHERE TO GO IF YOU FEEL LIKE YOU NEED HELP



## STUDY ADVISOR

- For any questions regarding your study planning, choice of study and personal circumstances that influence your study
- If you are facing difficulties caused by personal circumstances or if you encounter practical problems in your study
- The Study Advisor may refer you to the Student Service Center.
- Make an appointment with a BSS Study Advisor via the BSS Student Service Desk: [www.rug.nl/gmw/education/onderwijsbalie](http://www.rug.nl/gmw/education/onderwijsbalie)

## STUDENT SERVICE CENTER (UURWERKERSGANG 10)

- **Training and workshops to enhance study skills**  
The Student Service Centre offers a variety of workshops, courses and group activities. Most of our courses are available both in Dutch and in English.
- **Psychological counsellors**  
The student psychologists at the Student Service Centre (SSC) can help you with:
  - problems relating to your studies, such as stress
  - psychological problems, such as anxiety or depression
  - phase of life problems, such as issues relating to your identity.
- **Student counsellors**  
Student counsellors are confidential advisors who also fulfil a mediating role. You can consult them for personal or financial matters.

## EXTERNAL HELP (MORE SPECIALIZED)

- General Practitioner (GP)
- Hospital
- Psychological Counsellors more specialized in long-term counselling.

You do not need a referral to see a GP. However, you will be needing a referral for the hospital or the long(er)-term counselling.  
The GP can provide you with a referral if he/she feels that it may be necessary for you to seek more specialized help.

**EXCHANGE.GMW@RUG.NL**