

List of resources offered within Tilburg University

- **Student Deans:** studentendecaan@tilburguniversity.edu
 - A student dean informs and advises you on all problems you encounter as a student, as long as it is not specifically about your study. The student dean will not solve the problem; you will have to do that yourself. She can advise, mediate and/or refer you to other help or service providers or agencies.
 - More information: <https://www.tilburguniversity.edu/students/tutoring/deans-students>
- **Student psychologist:** studentenpsycholoog@tilburguniversity.edu
 - Student psychologists offer goal-oriented help with study and study problems and life-stage related personal problems and guidance with problems that directly affect your studies. The help provided by the student psychologists is easily accessible and short term. All students registered at Tilburg University can make use of the services of the student psychologists.
 - Register form: https://forms.tilburguniversity.edu/116?_ga=2.37893283.1011778004.1633609641-1266981013.1598293477
 - More information: <https://www.tilburguniversity.edu/students/tutoring/psychologist>
- **Social worker:** smw@tilburguniversity.edu
 - For additional help and support with problems you may encounter in everyday life that interfere with your studies.
 - More information: <https://www.tilburguniversity.edu/students/tutoring/social-worker>
- **Confidential Advisors:**
 - The confidential advisers are there for everyone at Tilburg University and are the point of contact for employees, students and guests who have to deal with undesirable behavior, such as (sexual) harassment, bullying or discrimination.
 - Anke Bisschops: a.m.h.bisschops@tilburguniversity.edu
 - Hein Coppes: H.H.C.Coppes@tilburguniversity.edu
 - Kristel van Oosterbosch: k.j.m.vanoosterbosch@tilburguniversity.edu
 - More information: <https://www.tilburguniversity.edu/about/conduct-and-integrity/confidential-advisor>
- **Peer-to-peer support group for students AD(H)D**
 - Every Tuesday morning from 9.30 - 10.30 hrs. (entrance from 9.00 hrs.) in Academia building, Room A18, there is the opportunity to meet your fellow students and to exchange information and advice. In cooperation with a Student Psychologist (Margreet van Laarhoven) and a Dean of Students (Dorine Roestenberg), we are building a small group to get in contact with each other and learn from individual coping strategies. Students from every subject and year are welcome.
 - If you are interested but cannot join at the time mentioned above, please sign up anyway, because there is also a WhatsApp group and a Canvas page in which a lot of information is shared. To gain access, you may send an email to the Student Coordinator, Jonas Festor: j.festor@tilburguniversity.edu

- **E-health modules from Gezondeboel**

- Tilburg University offers all students the opportunity to work independently on their own mental well-being by using Gezondeboel's online modules. We are here to help you reduce your stress levels and work on your own well-being. Gezondeboel has designed e-health programs that are tailored to the needs of students in higher education and can help you better cope with the challenges of student life. The low-threshold e-health modules have recently been made available to all Tilburg University students for free and without restrictions, so you can proactively work on your own well-being.
- There is a wide range of modules available, both in Dutch and English. For an overview of the available offerings and to start directly with a module, please visit this website: <https://mijn.gezondeboel.nl/external/surfconext/saml/sso>