

Guide to Well-being and Work: find your help here

Theme	Question?	Who?	Where?
Urgent help	Is there a life-threatening situation?	Call 2222	Campus security
	Are you having suicidal thoughts or are you worried about someone else in your environment?	Call 0800-0113	Homepage 113.nl
	Is there no life-threatening situation but an urgent need for help?	Own GP and/or HR Advisor	
	I have been harassed by a person/group on campus and want to report this. Where can I go?	Call 2134 or 2222	Campus security
Impactful events in my (private) life	I want to know more about different types of leave due to impactful events in my (private) life. Where can I go?	HR Advisor	Overview of leave types Well-being for employees
	I have gone through a significant event in my personal/work life that is impacting my job performance. Whom can I talk to discuss this?	Supervisor and/or HR Advisor	Social safety Well-being for employees
	I want to talk to an independent person following an impactful event at work. Whom can I approach?	Confidential advisors Ombuds Officer	Social safety
Social safety	I feel unsafe on campus. Who can I turn to for help?		
	I feel like I am being mistreated. Who can I turn to for help?		
	I feel like I am being treated unfairly due to discrimination. Who can I turn to for help?	Social Safety guide	Social safety
	I experience physical/verbal aggression and/or violence at work. Who can I turn to for help?		
	I experience (sexual) harassment at work. Who can I turn to for help?		
	I feel like I can't be completely open with my colleagues/supervisor. Who can I turn to for help?		
(Mental) health	I experience physical/mental complaints because of my work. Whom can I talk to discuss this?		
	I experience problems in my work because of my (neurodiverse) personality traits (communication, organization of work and social contact). Whom can I talk to discuss this?	Supervisor and/or HR Advisor	Well-being for employees
	I experience physical/mental complaints that affect my work. Whom can I talk to discuss this?		
Work-life balance	I am a caregiver and I am struggling to balance this responsibility with my work. Whom can I talk to discuss this?		Well-being for employees
	I am experiencing work pressure. Whom can I talk to discuss this?	Supervisor and/or HR Advisor	Overview of leave types
	I struggle to keep up with my work (until I reach retirement age). Whom can I talk to discuss this?		
Workplace support	My workplace is not optimal for working (wrong office chair, desk not at the right height, need computer glasses, etc.). Whom can I talk to discuss this?	HSE Coordinator own faculty/unit	Workplace Health and safety