YOUR STUDY ADVISER

First of all, for all your questions you can contact your study adviser. Especially if your question is not quite clear yet. Your study adviser can refer you, or you can get in contact with...

**EDUCATION**
- Study choice, career and development
- Language, academic and professional skills
- Study and student administration (admission, enrollment, etc.)
- Formal complaints
- UT Complaints Desk

**STUDENT LIFE**
- Good Habitz
- UT Language Centre/UT Writing Centre
- Student counsellor
- Study progress, delay, and studying with a support question
- Student Services
- Educational Affairs (BOZ)

**LEGAL AND FINANCIAL AFFAIRS**
- Unacceptable behaviour at UT
- Contact Centre/Student Services
- Confidential advisor
- Confidential Contact Persons (CCP)
- Student counsellor
- Ut Complaines Desk

**JOB MARKET**
- Doctor / General practitioner (GP)
- Questions about physical and/or mental complaints
- Student psychologist
- Help with (minor) mental complaints within UT

**(MENTAL) HEALTH**
- Confidential conversations with fellow students
- Self-help tools
- Confidential Contact Persons (CCP)
- Peer listeners

**(SOCIAL) SAFETY**
- Support, raise awareness, guide and inspire about DE&I and accessibility
- Diversity, Equity and Inclusion (DE&I) team at UT

**EMERGENCY NUMBERS**
- Life-threatening situations: call 112
- Do you think about suicide? Call (0800-0)113 (only accessible for people calling from within the Netherlands). You can also chat: www.113.nl.
- Acute mental distress: call your GP
- Outside office hours: doctor’s office Enschede: +31 088 555 11 88
- Emergency number University of Twente: +31 (053-489) 2222

**WE CAN HELP YOU!**
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- Contact Centre/Student Services
- Confidential advisor
- Confidential Contact Persons (CCP)
- Student counsellor
- UT Complaints Desk
- Ombuds officer
- Student counsellor
- Diversity, Equity and Inclusion (DE&I) team at UT