# Study & Well-being information

**Personal development**

- **Essential study skills**
  - Online toolkit to help with many common study roadblocks.
- **BOOST**
  - Offers advice on your studies and personal issues during walk-in hours.
- **Career & Counselling Services**
  - Workshops and training in the fields of personal support, study choice and career.

**Well-being**

- **Family doctor**
  - Helps with physical and/or psychological issues and illness.
- **Student psychologists**
  - Workshops and short-term individual guidance for issues hindering your study.
  - Walk-in hours available.
- **MoTiv life coaching**
  - Receive coaching and personal support from a life coach.

**Special needs**

- **Horizon**
  - Helpdesk for studying with a disability or additional support requirement.
- ‘**Student Onbeperkt**’
  - Student platform for students with a disability.

**Socialising**

- **Study associations**
  - Every faculty has its own study association(s) that represents students and organises activities related to your field of study.
- **Student associations**
  - Find others for social and fun associations in career, country or regional, culture, fraternity, international, religious, and sports.

**Mini Courses**

- Tips on (decision) stress, procrastination, teamwork & career.

**Well-being & study**

- Overview of services, activities and tools to support your well-being.

**Confidential advisor**

- Helps in cases of unacceptable behaviour from students or employees.

**E-Health tool ‘Gezondeboel’**

- Anonymous, free and simple programmes to improve your mental well-being.

**Health insurance information**

- Provides insurance advice for foreign students in The Netherlands.

**Student counsellors**

- Support with complex issues concerning schemes, regulations and/or facilities.

**Uni-Life App**

- Overview of all events from student associations, organisations, clubs, and initiatives at TU Delft.
- X
  - Develop in non-academic areas such as sports and games, arts and crafts, and more

---

**In case of an emergency** call 112

Emergency number TU Delft Campus: +31 15 27 88888

If there is a risk of suicide, chat with 113, or call 0800-0113

www.tudelft.nl/en/student/help