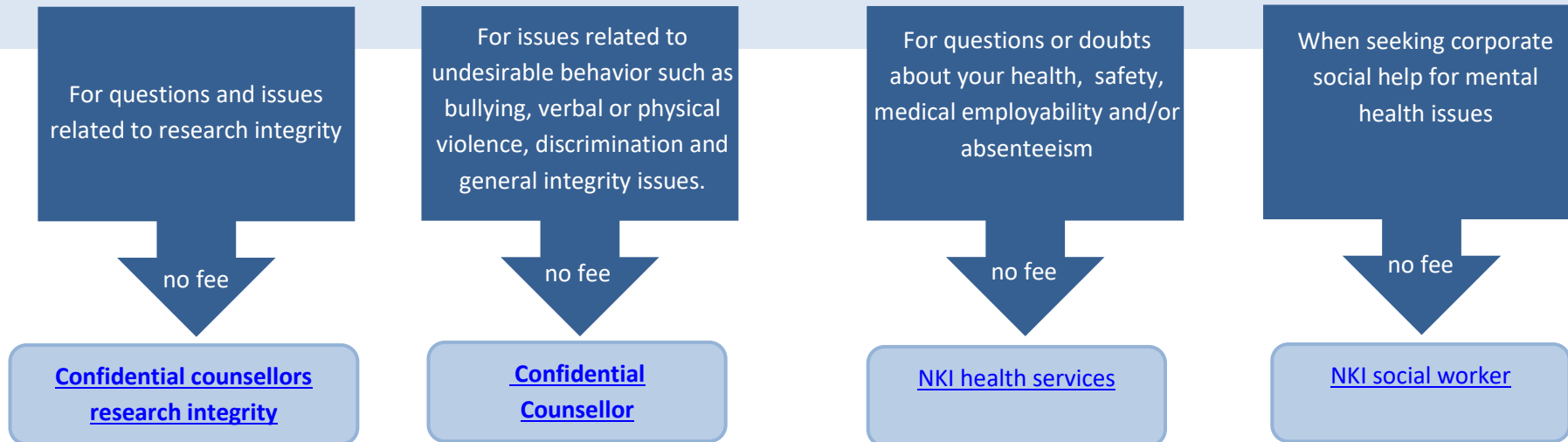


Mental Health Support

In 2021 a survey was conducted in the NKI to highlight the needs of PhD students and to pinpoint areas requiring structural change. Based on these results, the OOA, NKI and the NKI PhD student council decided to improve the provision of mental health support for their PhD students. This led to the development of the following support system below. Please also refer to your General Practitioner when you experience (mental) health problems! With these four levels of support in place, we hope to provide you with a healthy environment where there is always someone available to lend a listening ear: from a professional to your peers.

INDIVIDUAL ACTIVITIES



GROUP ACTIVITIES

