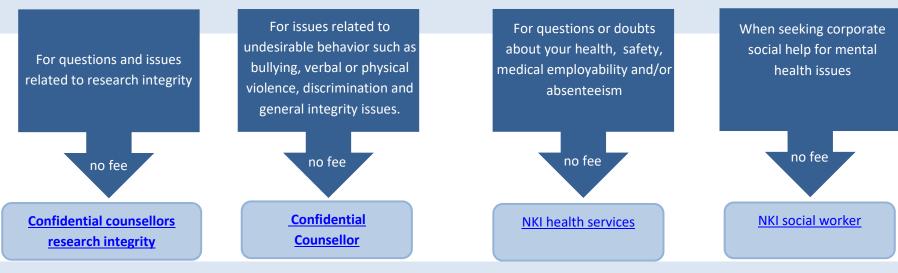
Mental Health Support

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

If you want to be mentally/emotionally flexible to face challenges during your PhD study and use these difficult moments as an opportunity for your own growth no fee

OOA workshop 'how to influence yourself positively'

If you find it difficult to discuss issues with your direct colleagues. Peer to peer group coaching is a way to discuss these issues in a safe environment within a small group of PhD candidates

no fee

OOA peer to peer group

coaching

Join a peer support group for and by PhD students in which you can freely discuss topics like work-life balance, imposter syndrome feelings but also share tips with peers on how to navigate research life effectively. The PhD club is organized every 2nd

Thursday of the month.

no fee

NKI PhD Council