

It is ok to ask for help

Dear student,

We have gathered the most common problems students encounter in times of Corona and what you can do about it. If you run into a problem: ask for help! Together we will find a solution.

Here are some general tips. Try to share your situation with a friend, roommate or family member. Often, it helps to talk about your problem and you will be surprised by how many people have the same issues or are willing to give a helping hand. If you need professional advice or counselling, below we have listed some important organisations that provide help to students.



Study issues?

Talk to your study advisor



Bored?

Website **WURLife in times of Corona**

www.wur.eu/wurlifecorona

Social initiatives



Startpunt and students

<https://bit.ly/2WP4620>



Coronahulp Wageningen

www.welsaam.nl/corona-aid-wageningen



Talk to a chaplain

www.spectrum-wageningen.com/contact

STRESSED WORRY
DEPRESSED AFRAID
SLEEPINGBAD

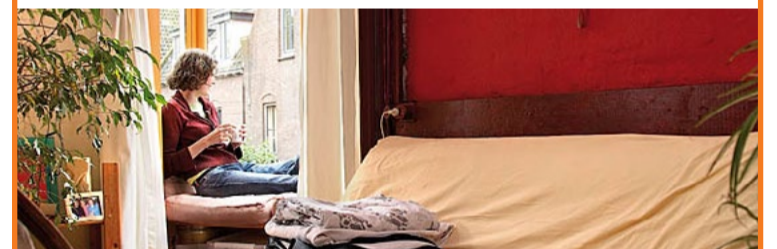


Mental complaints

- **Student psychologist** (only for WUR students)
studentpsychologists@wur.nl
- **General practioner**
(e.g. student medical center 0317 466600)

Physical complaints

- **Prevent RSI (CANS) & stay fit**
see website WURLife in times of corona:
www.wur.eu/wurlifecorona
- **Fever, coughing etc.** call a general practioner
(e.g. student medical center 0317-466600)



Financial problems

- **Student dean**
studentdean@wur.nl (only for WUR students)
- **If you are not able to pay your rent, contact your tenant**

Idealis financien@idealis.nl

Heyday studentliving.wageningen@heydayfm.nl

Duwo 0900-2353896



Check our website for more information
www.wur.eu/wurlifecorona