

You're Not Alone. **Support is Here.**



Academic

- Academic Counsellor Faculty
- Confidential Advisor TU Delft
- Career & Counselling TU Delft



Mental Health

- TU Delft Psychologist (Appointment at TU Delft website)
- External Psychologist (Ask for referral from GP)
- Suicide Prevention Line (Call 113)
- Hotline KBRI Den Haag

"HUAA, it's very hard to keep up with the study pace here... I surrender :("

Don't worry, you're doing great! but please **consult with academic counselor ASAP!** they will answer your study-related questions. Further explanation? **Click the Faculty / University buildings below!**



"Arrghh.. I am clueless, stressed, depressed with everything happen in life."

Please don't ignore that feeling; it is a very important thing to address. Our university provides **psychologists / professionals** to help you, just **click your university logo!**



Do you prefer mental health support in Indonesian?



You can also click the **Indonesian Embassy in Den Haag** logo or call the **emergency hotline (+31628860509)**