


If you are worried about someone or you are in need of guidance yourself, don't wait. We may not physically be together at EWI but we are a community in which there is always someone to talk to. You can contact:

- Your own [academic counsellor](#) by making an appointment [here](#) or writing an email to ac-msc-eemcs@tudelft.nl
- One of the student psychologists at psychologen@tudelft.nl
- Your own GP or the [SGZ](#).
- There is also a hotline for suicide prevention: <https://www.113.nl/> or call 0800-0113 (this is anonymous)
- Is there an emergency on campus? Call 015 – 278 8888 or 112 (24/7)
- [MoTiv](#) has group and individual consultations - call 015 2006060 (16:00 – 18:00 en 20:00 – 22:00)



We are all looking for a bit of balance within the limitations of the current situation. Variety is, after all, the spice of life and this not only applies to food!

How do you balance between studying and time off? Finding time to enjoy your courses, getting to know people in a project, managing your time: you can find all kinds of tips, tools and support at [TUD's wellbeing and study page](#).

Are you looking for online social events to meet up with fellow students? Check out [CH's calendar](#), [ETV's calendar](#) or [Delft/SEA](#). Activities are in English and open to everybody.

Looking for ways to energize yourself by trying something new? There is a [well being week](#) with all kinds of different activities starting from February onwards. [X](#) has all kinds of online courses on offer, also the fields and courts are open again. You can even go to a [Gardening Quiz](#). Also, MoTiv offers [inspiration workshops](#) in May.

Opening up and talking to the people around you is a vital part of keeping your perspective. Finding students to work together with, meeting up frequently to check in on each other. For practical tips on taking initiative and finding balance between studying and time off: you are also welcome to make [an appointment](#) with an academic counsellor at EWI.