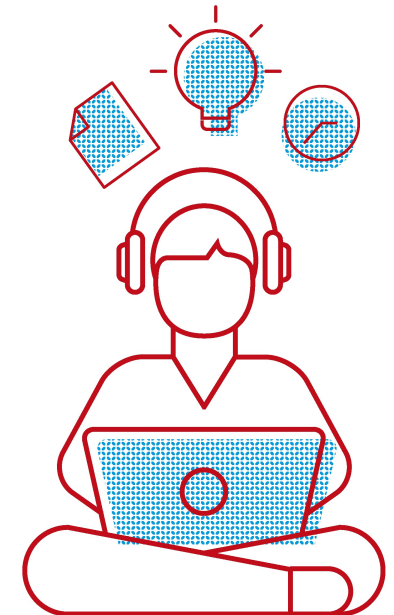
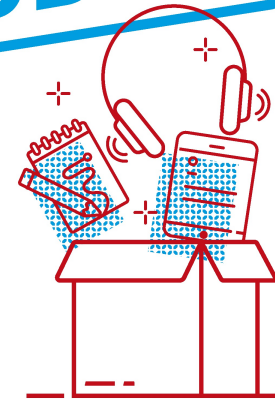
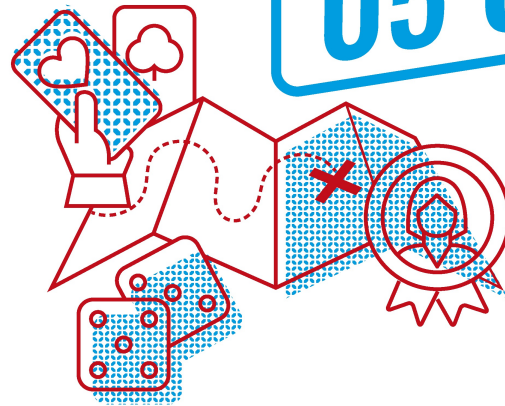


#doctoralux

05 OCTOBER



Mental Health and Well-Being during your PHD



Joanna WEST

Team Leader of Students Services,
University of Luxembourg





STUDENT SERVICES

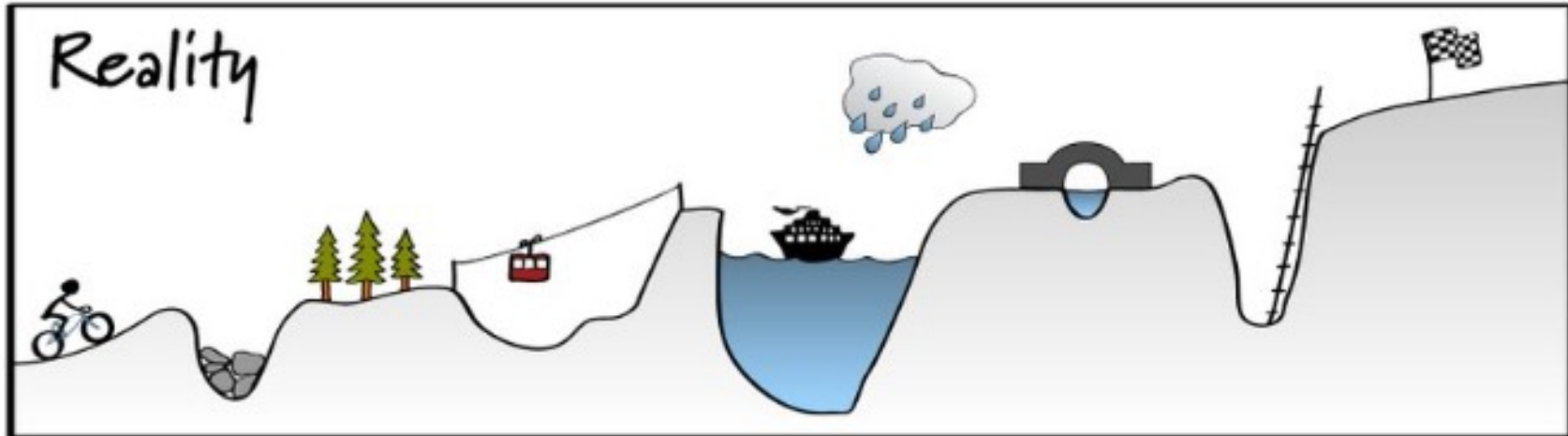
Kirchberg Campus
Belval Campus

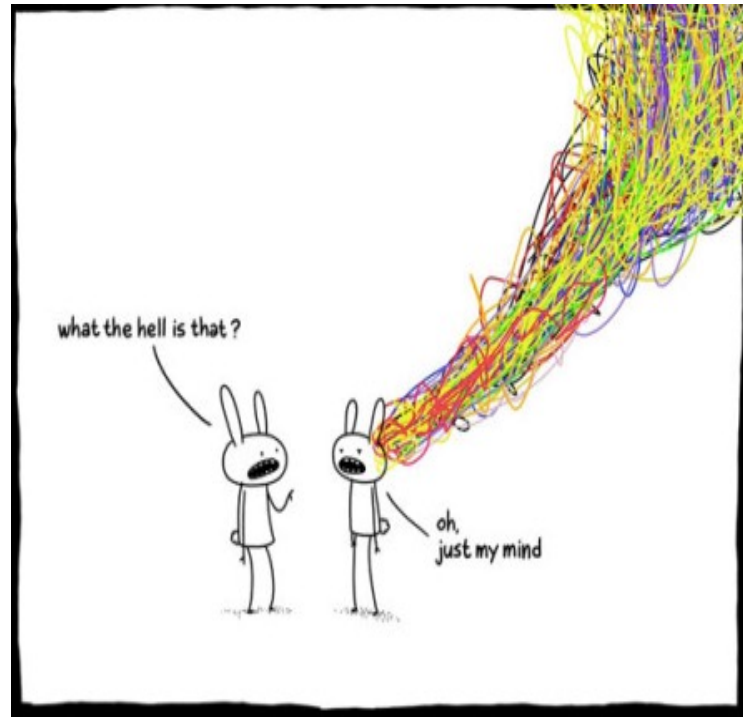


LUXEMBOURG
INSTITUTE OF SCIENCE
AND TECHNOLOGY











Grow.
Thrive.
Flourish.
Succeed.



3 distinct, yet interconnected teams

- Inclusion Office
- Psychological Support team
- Office of Student Life





- **Equity**
 - “Who is trying to get on campus but can’t and what barriers do they face?”
- **Diversity**
 - “Who is on our campus?”
- **Inclusion**
 - “Have everyone’s ideas been heard, respected and understood?”
- **Belonging**
 - “Does everyone on campus feel valued, connected and able to be their authentic self?”

Inclusion Office



- Dedicated team of specialists available for 1:1 appointments to offer support and guidance on a wide range of issues
 - Disability support
 - Financial support
 - Specialised support for refugee students
 - Bullying, discrimination and harassment case management
 - Dedicated support for international students
 - Signposting to external support
- **Service is free & confidential**
- **Non-judgemental and welcoming service**
- **Contact: inclusion@uni.lu**

you don't have to go it alone!

Inclusion Office - Ukraine



- Dedicated specialist available for 1:1 appointments to support members of our campus community affected by the war in Ukraine by:
 - Improving access to education, and research, removing obstacles to academic success and encouraging contact with fellow students and staff
 - Supporting students and researchers from Ukraine who are based in Luxembourg
 - Where possible, financial support
- **Service is free & confidential**
- **Contact: ukraine@uni.lu**

Psychological Support team



- Dedicated team of trained and experienced psychologists available for 1:1 appointments, offering support and guidance on a wide range of issues, for example:
 - Stress
 - Anxiety
 - Mental health issues
 - Personal circumstances
 - Academic pressures
- **Service is free & confidential**
- **Non-judgemental and welcoming service**
- **Contact: psy-support@uni.lu**
- **Support resources: www.uni.lu/umatter**





Office of Student Life



- Student engagement at the University. Among others delivery of the Community Engagement Certificate
- Support for student associations, clubs and partners: recognition, communication, organisation of student initiatives
- Support for the Student Delegation
- Support for the Student Lounges
- Campus Life activities
- **Contact: studentlife@uni.lu**



Remember to ...





Thank you for participating in the National PhD Welcome Day 2022!

