

Care resources

In case of emergencies:
call **112** in an emergency,
or **113** if you are suicidal

This list of **care resources** has been put together by the ATD Health & Performance team to support people taking part in Research Month 2024.

Please don't be shy about using this list!
Seeking support is a wise, brilliant, and to be celebrated.

Be curious about what is available, and kind with yourself. Whether you prefer to read something, have a conversation with someone, or just want to know what's available for later, we hope that this document can be a supportive companion.

Free resources available for anyone

De luisterlijn offers a listening ear by telephone, email, or chat 24/7
Call **088 0767 000** or visit <https://www.deluisterlijn.nl> (Dutch guaranteed, but listeners often speak other languages)

Fonds Slachtofferhulp offers flexible support for victims of any kind of abuse
<https://fondsslachtofferhulp.nl>

Humanitas Steun bij Rouw can send a volunteer to support you following the loss of someone close to you
<https://www.humanitas.nl/programmas/steun-bij-rouw>

MIND Korrelatie offers support for those grieving from loss of a loved one, via chat, email, phone, or whatsapp
Call **0900 1450** / Whatsapp **06-13-86-38-03** or visit
<https://mindkorrelatie.nl/onderwerpen/rouw-na-verlies-van-een-dierbare>

NiceDay has a big psychoeducation library, this is an article about grief, available in Dutch or English
<https://niceday.app/library/depressie/interpersoonlijke-psychotherapie/rouw/psycho-educatie-rouw>

The School for New Dance Development (SNDO) developed a **Care Document** that underpins their community agreements
<https://www.atd.ahk.nl/en/dance-programmes/sndo-choreography/sndo-care-document>

Care resources

Free resources for students, staff, and researchers within AHK

All ATD students have access to **free 1:1 advisory sessions** with ATD psychologists, physiotherapists, nutritionist, and breath and movement coach. Sessions are confidential. For more information pop to the Health & Performance 8th floor office or email gwen.honigh-severijns@ahk.nl.

If you would like to book a session directly you can use the H&P [online booking agenda](#).

All ATD population can reach out to one of the **confidentiality advisors** of the AHK. These are confidential conversations to support in situations that feel uncomfortable, unsafe or undesirable in any way. Advisers and other support services can be found here: <https://ahknl.sharepoint.com/sites/StudentAffairs/SitePages/Confidential-adviser.aspx>

Other resources (not free)

Overrouw is a 13 week programme run by Minjon van Zoest to support people through experiences of loss and grief.

<https://www.overrouw.nl/online-programma>

Espria offer a free self-help course for members, to guide you in your grief process (annual charge for membership: €22,50).

<https://ledenvereniging.nl/gezond-leven/vitaliteit/rouw/rouwverwerking>

Beschermjassen is a therapeutic model that prioritises diversity and inclusion within groups or families.

<https://www.beschermjassen.nl>

Monada Psychologists was founded by ATD psychologist Nancy Hiwat. They offer tailor-made care, working with both mind and body-based practices.

www.monada-psycholoog.nl

ATD psychologist Lea Jabbarian works at **MiSi Neuropsy**, a diagnostics and treatment centre in central Rotterdam, where they specialise in intercultural psychology/psychotherapy (website available in Dutch, English, Hindi, and Farsi).

<https://www.misineuropsy.nl>

Krista Jacobsen Jensen is a loss and grief counsellor based in Utrecht.

<https://kristajacobsenjensen.nl/over-mij>

Access online therapy and support for grief 24/7 via **De Online Psycholoog**.

<https://www.de-online-psycholoog.nl/naar-een-psycholoog-voor-rouwverwerking>