## **Mental Health Support**

In 2023 a survey was conducted in the NKI to highlight the needs of PhD students and to pinpoint areas requiring structural change. Based on these results, the OOA, NKI and the NKI PhD student council decided to improve the provision of mental health support for their PhD students. This led to the development of the following support system below (click on hyperlinks for detailed information). Please also refer to your General Practitioner when you experience (mental) health problems! With these four levels of support in place,

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we hope to provide you with a healthy environment where there is always someone available to lend a listening ear: from a professional to your peers.

## **INDIVIDUAL ACTIVITIES**

For issues related to undesirable behavior such as bullying, verbal or physical violence, discrimination and general integrity issues.

no fee

Confidential
Counsellor

NKI has five internal confidential advisors. You can contact the advisor best suited for your situation, making it easier to discuss inappropriate behavior.

no fee

NKI internal confidential advisors

When seeking corporate social help for mental health issues or willing to participate in a workshop regarding you wellbeing.

no fee

**NKI social worker** 

## **GROUP ACTIVITIES**

If you want to be mentally/emotionally flexible to face challenges during your PhD study and use these difficult moments as an opportunity for your own growth.



If you find it difficult to discuss issues with your direct colleagues. Peer to peer group coaching is a way to discuss these issues in a safe environment within a small group of PhD candidates.

no fee

OOA peer to peer group coaching

Join a peer support group for and by PhD students in which you can freely discuss topics like work-life balance, imposter syndrome feelings but also share tips with peers on how to navigate research life effectively.



**NKI PhD Council**