



Mondriaan
Prevention

Student life and Mental health

Mondriaan



voor geestelijke gezondheid

What Mondriaan Prevention can do for you 4

Talking about mental health 5

Our harm reduction services 6

Workshops and training 7

Contact information 8

Student life and Mental health

Mental health starts with prevention. Mondriaan's Prevention department helps students with a wide range of mental health challenges. Think of issues such as anxiety, symptoms of depression, (ab)use of alcohol and/or drugs, problematic gaming and/or gambling.





What Mondriaan Prevention can do for you

You can contact our team for advice, support and training regarding mental health. You are welcome to visit our main office, and you can contact us by phone, email, social media and chat. Please see the contact details at the back of this leaflet. We are here to give you answers and advice, and possibly alleviate your concerns about:

- your or a friend's mental health or alcohol/drug use;
- an unpleasant experience related to drink spiking, a bad trip or post-drug problems that won't resolve;
- workshop, training and support opportunities to improve mental health for yourself or within your student union.

Talking about mental health

HeadUp

Anxiety symptoms and symptoms of depression are common among students. HeadUp is a training in which participants learn to regain control over their thoughts and feelings. HeadUp is not a therapy, but helps developing skills for incipient symptoms. Currently, HeadUp is available in Dutch. Please contact us for options to participate in English. Participation is free of charge.

Mastering Anxiety: strategies for a calmer mind

Would you like to learn how to cope with feelings of anxiety and reduce their impact on your life? The level of anxiety you experience is closely related to how you think. In the course Mastering Anxiety, you'll learn how to cultivate more positive thoughts and reduce overthinking.

You'll gain insight into your feelings of anxiety and discover ways to control them. Additionally, the course provides an opportunity for sharing experiences with others. The course has eight sessions and is provided in both spring and autumn. Each group accommodates a maximum of eight to ten participants. Currently, Mastering Anxiety is available in Dutch. Please contact us for options to participate in English. Participation is free of charge.

Moti-4

Are you concerned about the amount and frequency of your alcohol or other drug use, or your gambling or gaming behaviour? Do you notice that this negatively affects your study performance, other responsible tasks or relationships? Do friends or family ever worry about your substance use or gambling/gaming behaviour? And have you been drinking alcohol, taking other drugs, gambling or gaming excessively in the past four weeks? If you can answer 'yes' to most of these questions, reducing and cutting down would be a logical choice. Does that seem difficult to you? Our coaches can help you. During talks with one of our prevention experts, you will explore the nature of your use, your motivation to cut down or quit and receive practical tips on how to achieve this. Moti-4 coaching sessions are free, anonymous and without a referral from your GP.

COPMI

Growing up with a parent, sibling or other close relative with mental health or addiction problems can have a major impact on your life. Even when you go to university or no longer live at home, it often leaves a mark. In our training sessions, you meet peers and discover how to cope with the situation. The groups are available in both Dutch and English. Participation is free of charge.

Our harm reduction services

Drug testing

At our Drug Information and Monitoring System (DIMS) you can, under certain conditions, have illegal drugs tested. Find all the necessary information, testing locations and conditions for drug testing in the Netherlands at www.drug-test.nl Testing is anonymous and free of charge.

Red Alert app

When substances are found in drugs, which pose an acute danger to public health, a warning campaign called Red Alert is launched. This may involve extremely high-dose or contaminated drugs, for example. Go to www.drugsredalert.nl and download the Red Alert app for instant notification in case of a Red Alert, information on how and where to get drugs tested and tips on how to reduce the damage of your use.

National Party Drug Medical Consultation

Did you take drugs and then experience symptoms that do not resolve or that worry you? Via the National Party Drug Medical Consultation, coordinated by Brijder, you can get in touch with a prevention expert or doctor for clarification and advice. Call Brijder on 088 358 2940 to sign up. You will receive a questionnaire by e-mail that Brijder's expert will use to understand your symptoms. A telephone interview will then be scheduled with you. During this conversation, your complaints will be addressed and you will be given information and tips to help you recover. If necessary, Brijder will then schedule a further telephone appointment for you with one of their doctors.

Workshops and training

Mental Health First Aid (MHFA)

Responding appropriately to mental health problems in fellow students or friends? Mental Health First Aid allows you to learn more about incipient mental health problems and how to support someone with these problems. In four half-day sessions, MHFA provides you with the necessary knowledge and skills to provide such first aid. There is a charge for the training.

Bar safety training and support for student associations

IVA: an instruction on serving alcohol responsibly for bar volunteers at student associations, sports clubs or during festivals and events.

Drugs 101. What every student needs to know: an awareness session on party drugs. An informative session on the latest trends in party drugs and on reducing risks and addiction.

Health and Safety Instruction: instruction on preventing health incidents involving party drugs. This short instruction, on prevention and safety measures and first aid for drug accidents, is provided prior to an event.

Policy Support: want to learn more about creating a safe and healthy environment for members of your student union or event? Contact our experts and we will help you design a solid policy and develop the relevant materials

Contact information

Ask your questions or register
for our programmes at

preventie@mondriaan.eu

or 088 506 7200

If you have an appointment,

you can also visit us at

John F Kennedylaan 301 Heerlen.

For information on drugs,

you can also call the National Drug

Infoline on 0900 1995 or chat

anonymously via www.drugsinfo.nl/

[contactinformatie](http://www.drugsinfo.nl/contactinformatie).



Mondriaan



voor geestelijke gezondheid

Postbus 4436

6401 CX Heerlen

T 088 506 62 62

www.mondriaan.eu