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| **Type of help** | **Description** | **Links** |
| **Financial help** | * **Decaan/ student counsellor** from your own institute. You can make an appointment by clicking one of the links. | * [English info](https://hint.hr.nl/nl/HR/english/international-student--ruas/my-study/my-student-assistence/student-counsellor/appointment-student-counsellor/) * [Dutch info](https://hint.hr.nl/nl/HR/Studie/hulp-bij-studie/mijn-studie/studieondersteuners/decaan/afspraak-maken-decaan/) |
| **Someone to talk to** | **At school:**   * **SLC-er**   You can always go to your mentor/ SLC-er for support.   * **Decaan/ Student counsellor** * **Student welfare advisor**   Linn Schönherr is student welfare advisor for international students. Dutch students are also more than welcome.  Walk in for a cup of tea every Tuesday and Thursday between 12:30-13:30 or make an appointment.   * **Peer coach with experience** Jimera Koorndijk is student welfare advisor as well and has a group of peer-coaches who have been in a somewhat similar situation for example in the middle east. She can match you with one of them.   **Outside school:**   * **Slachtofferhulp** (individually or in your own group) . The website is in Dutch but you can also call or chat in English. | * Contact your SSC coach * [English](https://hint.hr.nl/nl/HR/english/international-student--ruas/my-study/my-student-assistence/student-counsellor/appointment-student-counsellor/) & [Dutch info](https://hint.hr.nl/nl/HR/Studie/hulp-bij-studie/mijn-studie/studieondersteuners/decaan/afspraak-maken-decaan/) * [English info](https://hint.hr.nl/nl/HR/english/international-student--ruas/study-help-per-targetgroup/i-am-an-international-student/) * MP.H.00.050 * [English](https://hint.hr.nl/nl/HR/english/international-student--ruas/study-help-per-targetgroup/I-am-a-studying-status-holder/) & [Dutch](https://hint.hr.nl/nl/HR/Studie/hulp-bij-studie/hulp-bij-studie-per-doelgroep/ik-ben-studerende-statushouder/) info * [Dutch info](https://www.slachtofferhulp.nl/emotionele-hulp/) |
| **Psychological help** | * **Huisarts/ general practitioner** Sometimes the office has an inhouse counsellor or they can refer you to a psychologist at the GGZ. Unfortunately they have a waiting list. |  |
| **City hall Rotterdam** | * If you need a place to stay for your family and friends. | * [Dutch info](https://www.rotterdam.nl/nieuws/vluchtelingen-oekraine/) |
| **Finding relatives and friends** | * Restoring family links. If you have friends and relatives that have left Ukraine and you cannot find them. You can send an email. | * rfl@redcross.nl |
| **Visa** | * For visa related questions you can contact CoIA. Unfortunately, we need to stress that many questions cannot yet be answered, because the Dutch government still has to decide on some things. | * [Coia-studentsupport@hr.nl](mailto:Coia-studentsupport@hr.nl) |
| **College tuition** | * You can contact CoIA. Unfortunatelly there is not much news yet. We are waiting on the Dutch government. But please email your questions so we know what answers to get for you. | * [Coia-info@hr.nl](mailto:Coia-info@hr.nl) |

**Practical information overview**