



**EMERGENCY NUMBERS**

Life-threatening situations: call 112  
 Are you thinking about suicide?  
 Call (0800-0)113  
 (only accessible for people calling from within the Netherlands). Or chat: [www.113.nl](http://www.113.nl).  
 Acute mental distress: call your GP.  
 Emergency number University of Twente:  
 +31 (0)53-489 2222

 FIND THIS INTERACTIVE OVERVIEW ONLINE  
[UTWENTE.NL/FINDYOURSUPPORT](http://UTWENTE.NL/FINDYOURSUPPORT)

 FIND OUT WHO'S YOUR STUDY ADVISER  
 AT [UTWENTE.NL/STUDYADVISER](http://UTWENTE.NL/STUDYADVISER)