

Financial concerns	Whom to consult	Useful websites
<ul style="list-style-type: none"> Financial issues Budget management 	Social consultation	<ul style="list-style-type: none"> Financing your studies Manage your budget
Stress and time management	Whom to consult	Useful websites
<ul style="list-style-type: none"> Coping with stress, time management Nervosity, tension Lack of motivation 	Daily difficulties: Social consultation Crisis situations: Psychotherapeutic consultation	<ul style="list-style-type: none"> Information and courses about stress Manage your time Study skills
<ul style="list-style-type: none"> Self care: sleep, food, leisure 	Social consultation	<ul style="list-style-type: none"> Eat right
<ul style="list-style-type: none"> Study organization Study skills 	Social consultation	<ul style="list-style-type: none"> Get organized with your studies Study skills
<ul style="list-style-type: none"> Counselling for administrative procedures outside EPFL Orientation towards competent authorities 	Social consultation	<ul style="list-style-type: none"> Immigration formalities Insurance
<ul style="list-style-type: none"> Help during pregnancy Students with children 	Social consultation	<ul style="list-style-type: none"> Students with children
Distress	Whom to consult	Useful websites
<ul style="list-style-type: none"> Anxiety, discouragement, sadness Insomnia, struggling to concentrate Addictions Mood swings Hurt, depression, despair, suicidal thoughts Feelings of confusion 	Psychotherapeutic consultation	<ul style="list-style-type: none"> www.stopsuicide.ch www.alcooquizz.ch www.addictionsuisse.ch www.cmha.ca/fr http://www.schizo-vaud.ch
<ul style="list-style-type: none"> Food disorders, bulimia, anorexia 	Psychotherapeutic consultation	<ul style="list-style-type: none"> www.boulimie-anorexie.ch
<ul style="list-style-type: none"> Feeling of loneliness and isolation 	Social consultation	<ul style="list-style-type: none"> Coaching for new bachelors General Student's Association of EPFL Student associations Arts and culture Sports center

Family, relational, identity issues	Whom to consult	Useful websites
<ul style="list-style-type: none"> Concern for close friends or family 	Social consultation	
<ul style="list-style-type: none"> Relationship issues related to sentimental, family or social life Integration problems Culture shock 	Daily difficulties: Social consultation Crisis situations: Psychotherapeutic consultation	<ul style="list-style-type: none"> How to deal with culture shock Making the transition to university life Be considerate of your roommates Stay in touch with your parents
<ul style="list-style-type: none"> Harassment 	EPFL administrative steps + support : Social consultation Crisis situations : Psychotherapeutic consultation	<ul style="list-style-type: none"> Harrasment situations
<ul style="list-style-type: none"> Redirection in case of gender dysphoria and sexual health issues 	Social consultation	
Doubts about your studies	Whom to consult	Useful websites
<ul style="list-style-type: none"> Decreasing academic performance Procrastination 	Social consultation	<ul style="list-style-type: none"> Don't procrastinate
<ul style="list-style-type: none"> Exam preparation Dealing with failure Redirection 	Social consultation	<ul style="list-style-type: none"> Exam preparation Dealing with failure
<ul style="list-style-type: none"> Study organization Study skills 	Social consultation	<ul style="list-style-type: none"> Get organized with your studies Study skills
Study arrangements	Whom to consult	Useful websites
<ul style="list-style-type: none"> Impairment Arrangements and compensation for disadvantages 	Social consultation	<ul style="list-style-type: none"> Special study arrangements