ARE YOU LOOKING FOR SUPPORT? DO YOU NEED HELP?

THE FOLLOWING SUPPORT STRUCTURES ARE THERE FOR YOU.

**OMBUDS**
- Ombudsperson
  - Tel. 73566
  - Bldg. 500/1-004
- Listening
- Guidance
- Mediation

**MEDICAL**
- Doctors
- Nurses
- Psychologist
  - Tel. 78435 or 78186
  - Bldg. 57
- Medical and psychological care for health related issues and stress symptoms

**HUMAN RESOURCES**
- HR Advisers
- HR Coordinators
- Social affairs
  - Tel. 79866 or 74701
  - HR – Bldg. 5 & 33
- Listening
- Advice
- Guidance
- Mediation

**STAFF ASSOCIATION**
- CAPA - SA delegates
  - Tel. 72819
  - Bldg. 64-R-010
- Listening
- Advice
- Support

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