

Coen Wiegman

Language(s) Spoken: English, Dutch

Role: Senior Teaching Fellow



Bio: I chose to become a Mental Health First Aider because, through my work in research and education, I see first-hand how demanding academic life can be for both staff and students. With increasing student numbers, the teaching we do now brings us into contact with students from a much wider range of backgrounds, life experiences, and support needs. That diversity enriches our community, but it also means we need to be more attentive, understanding, and proactive when it comes to mental wellbeing.

I want to be someone colleagues and students can approach for a calm, supportive conversation, and to help signpost people to the right support when they need it. Creating an inclusive, compassionate environment where people feel listened to really matters to me.

I'm always happy to chat whether it is about research, teaching, learning, or just day-to-day life at NHLI.