

Maryam is struggling with mental health symptoms. The GP-MHP is helping her with these issues.

This is the general practice mental health professional who works for the GP practice (in Dutch: POH-GGZ).





Everyone feels a little down every now and then.

We often feel better after a while.

You might have symptoms that last longer. You might struggle to cope with your symptoms. Support is available to help you with this.

Read Maryam's story.



Maryam hasn't been feeling well for a while now.

She gets headaches and is very tired. She doesn't enjoy the things she used to love doing. She used to love spending time with others but these days, she prefers to be alone.

She wants to talk to someone about it. Maryam also wants to know what she can do to feel better.



Maryam calls the GP's assistant and makes an appointment.



Maryam is at her GP's.

The GP tells her the GP-MHP (in Dutch: POH-GGZ) can help her. This person works with the GP and is very knowledgeable about mental health. They can help you if you are feeling stressed out, not sleeping well or are very worried.

The support you receive from the GP-MHP is covered under your basic health insurance policy. It will not be deducted from your policy excess.



Maryam already has an appointment with the GP-MHP in a couple of weeks.

During the first appointment, Maryam talks about her symptoms. The GP-MHP listens to her. The GP-MHP doesn't tell anyone what Maryam discusses with them. They will only contact the GP if this is necessary. This makes it easier for Maryam to talk about everything she's thinking and feeling.

They discuss the kinds of things that could help Maryam. This might be additional appointments, or the GP-MHP can find support for Maryam outside of the GP practice.



Maryam has a few more appointments with the GP-MHP.

The GP-MHP gives her support and advice and assignments to work on at home. She can either work on these alone or with family and friends. This will help her better cope with her symptoms.



Maryam is happy that she received help from the GP-MHP.