Verkennend Gesprek

a 'what matters' conversation jointly held by mental health and social care professionals

Why this conversation?

You have been referred for an Verkennend Gesprek because you are not feeling well. Often several things play a part, such as housing, work, money or relationships. Together we look at your situation as a whole. We don't put a label on it; the aim is to find out what you need. You are welcome to bring someone you trust, such as a friend, parent or partner.

You will talk with a small team: people who know about mental health and people who know about practical support. Many of them have been through similar things themselves.

It is a one-off conversation. Afterwards you will have a clearer picture of the next step that can help you feel better.

To be completed by the GP or practice nurse

Your appointment is on _____ at _____ , at _____

with _____ and _____.

Scan the QR code for more information about the Verkennend Gesprek.

mentaal gezond Centraal Gelderland

Before we meet: 6 short questions

Would you like to answer the questions below with a score beforehand? That way we can start right away from your situation. There are no right or wrong answers.

1 = not going well	10 = going very well

1 How has your body been feeling lately?

For example: sleep, eating, pain, exercise, or getting ill more often than usual.

2 How has your mind been feeling lately?

For example: your mood, worrying, concentration, memory and making decisions.

3 How much do you enjoy what you do?

For example: getting up, doing things that matter to you, learning, looking forward.

4 How is your life going right now?

For example: feeling safe, your home situation, money matters and how content you are.

5 Can you count on the people around you?

For example: seeing friends, doing things together, asking for or giving help, feeling you belong.

6 How well do you manage day to day?

For example: looking after yourself, planning your day, work or daytime activities, and daring to ask for help.

Why did you give yourself these scores? Anything else you would like to share?