

What does the GP-MHP do?

The GP-MHP helps with mental health issues

Everyone feels a little down every now and then. We often feel better after a while.

You might also have symptoms that last longer. You might struggle to cope with your symptoms. During times like this, you can seek help from the GP-MHP.

GP-MHP is short for General Practice Mental Health Professional (in Dutch: POH-GGZ). This person works with the GP and is very knowledgeable about mental health.

What are examples of mental health symptoms?

- You are experiencing a lot of stress and tension.
- You tend to worry about lots of things.
- You are not sleeping well.
- You have had a very unpleasant experience that is causing you problems.
- You're not feeling well mentally because you have been suffering from physical symptoms for a long time.



- You feel alone.
- You feel very sad.
- You're in pain or feel tired.
- You consume alcohol or do drugs, and this is causing you problems.
- You often gamble or game, and this is causing you problems.
- You have no desire to do anything.

Is someone close to you suffering from mental health symptoms? Are you unsure how to cope with this? This is also something the GP-MHP can help you with.

How does the GP-MHP help?

During your first appointment, the GP-MHP listens to you. You tell them about your symptoms. Together, you will look for ways that can help you.

This might be additional appointments with the GP-MHP. The GP-MHP will offer support and advice. These recommendations often involve action you can take to feel better.

You might be given assignments to work on at home. This can sometimes be enough to help you better cope with your symptoms.

At other times, different help is needed. The GP-MHP can help you find the right support.



How do you arrange to see the GP-MHP?

First, you make an appointment with your GP. You will discuss whether the GP-MHP can help you. If it turns out to be necessary, you will make an appointment with the GP-MHP.

Good to know:

- The GP-MHP has more time than the GP to discuss your mental health symptoms.
- You may bring someone with you to the appointment for support.
- 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.
- The GP-MHP doesn't tell anyone what you discuss with them. They will only contact the GP if they feel it is necessary.
- The GP-MHP often only speaks Dutch or English. Do you need assistance in a different language? If so, ask the GP or the GP's assistant about the options.
- The GP-MHP cannot prescribe medication.

Want to know more about the GP-MHP?

Contact your GP practice.