

# Mental Routemap

Where can you go with an issue?



GP

(General Practitioner)

## Reach out to for:

- Questions about how to prevent or reduce symptoms
- Boundary-crossing behavior/psychosomatic complaints (e.g. stress)
- If you are not feeling well and need help

It's always to go to the GP too early rather than too late!!! So go even if you have mild complaints

## What can a GP do?

- Talk in confidence
- Professional help. Also for complaints that do not necessarily have much impact on your daily life, the doctor can mean something.
- Referral to the POH (Praktijkondersteuner Huisarts), for example to help with a good life structure that reduce complaints. Referral to specialized agencies that can help you further. For example, if you have more serious complaints.

## Contact

Take a look at your doctor's website



Doel Delfland

## Reach out to for:

- Preventing mental health problems and/or reducing incipient mental health symptoms.
- An approachable conversation. This will not be an immediate treatment
- Various prevention programs you can follow (see information card for explanation)

## What can they do?

- Talking in confidence.
- Quick support/help.
- Offering ongoing and wide range of programs.
- Provide collaboration with third parties to which referrals can be made if necessary for issues that are more severe.

## Contact

<https://www.ggz-delfland.nl/doel-delfland/>



NSkiV VCP

## Reach out to for:

- Advice in difficult situations
- A shoulder to turn to
- If you feel more comfortable communicating with them than DROP's VCP

## What can they do

- In conversation with DROP VCPs to reach a good solution
- You can also contact them anonymously

## Contact

<https://www.nskiv.nl/organisaties/veilig-sporten>

## Binnen DROP



VCP's

(Confidential Trust Person)

## Reach out to for:

- If you need a chat, for both DROP, and non DROP related issues
- If you notice that things are not going well or something has happened to someone else (e.g. transgressive behavior) and you want to talk about it.
- Psychological issues (e.g. stress).

## What do they do?

- Independently within DROP, so will never share anything with the board or others.
- Listen and refer, they do not act. Initiative lies with you.
- VCPs can refer you to persons who can help you further helpen.

## Contact

<https://dropdelft.nl/vcp/>

E-mail: [vertrouwenscontactpersoon@dropdelft.nl](mailto:vertrouwenscontactpersoon@dropdelft.nl)



Board

## What can board do?

- Take action within DROP.
- If things are not going well within your committee or you are experiencing stress because of it, you can also talk to your QQ'er.
- You may always talk to a board member about an event or something that is bothering you within DROP, but they are not trained like a VCP.

Contact <https://dropdelft.nl/bestuur/>



Friends/  
other DROPpers

## What can they do?

Talking to a friend or fellow DROPper can always help, but be aware that sometimes they can't help you further and it does require talking to an educated person.