

000 WELCOME

How to address mental health ? By Toya AI

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TOYA - INTERMEDIAIR

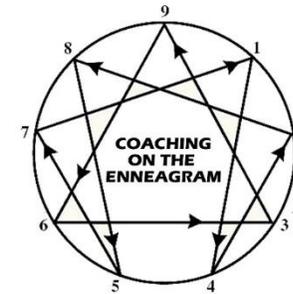
Specialization, child and adolescent coach
Playful coaching / Customized coaching



AJLO
BV
niets is wat het lijkt



KidZ Health Castle

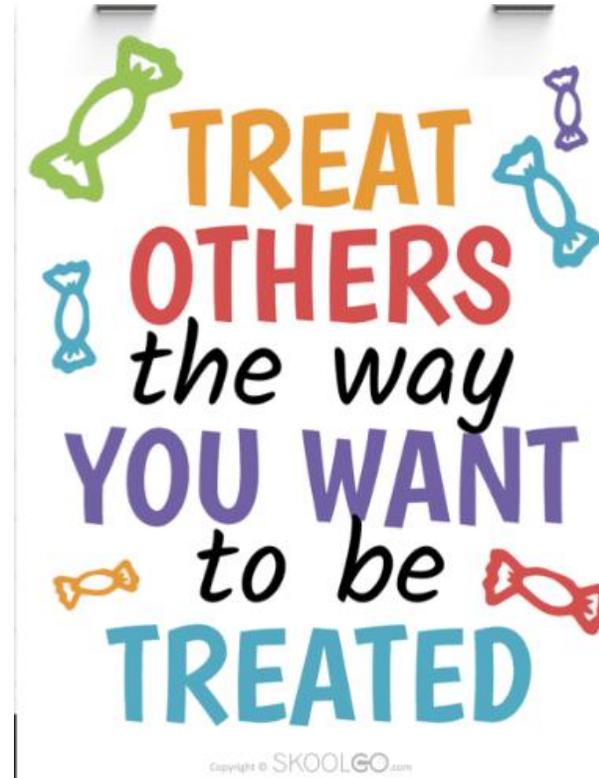


BPC
beroepsvereniging
van perfectionismecoaches

000 HOW TO ADDRESS MENTAL HEALTH ?

It feels good to be heard,
getting recognition and
being able to ask for help
medically, mentally and
administratively

- Respect & empathy
- Quality of life
- Lifelong trajectory



000 MAKE A CONNECTION



If I don't talk about it,
it does not exist

- Checking in
- Take time
- Know your patient



000 SEE THE PERSON, NOT THE DISEASE

Our son and little daughter,
both PID, get homeschooling

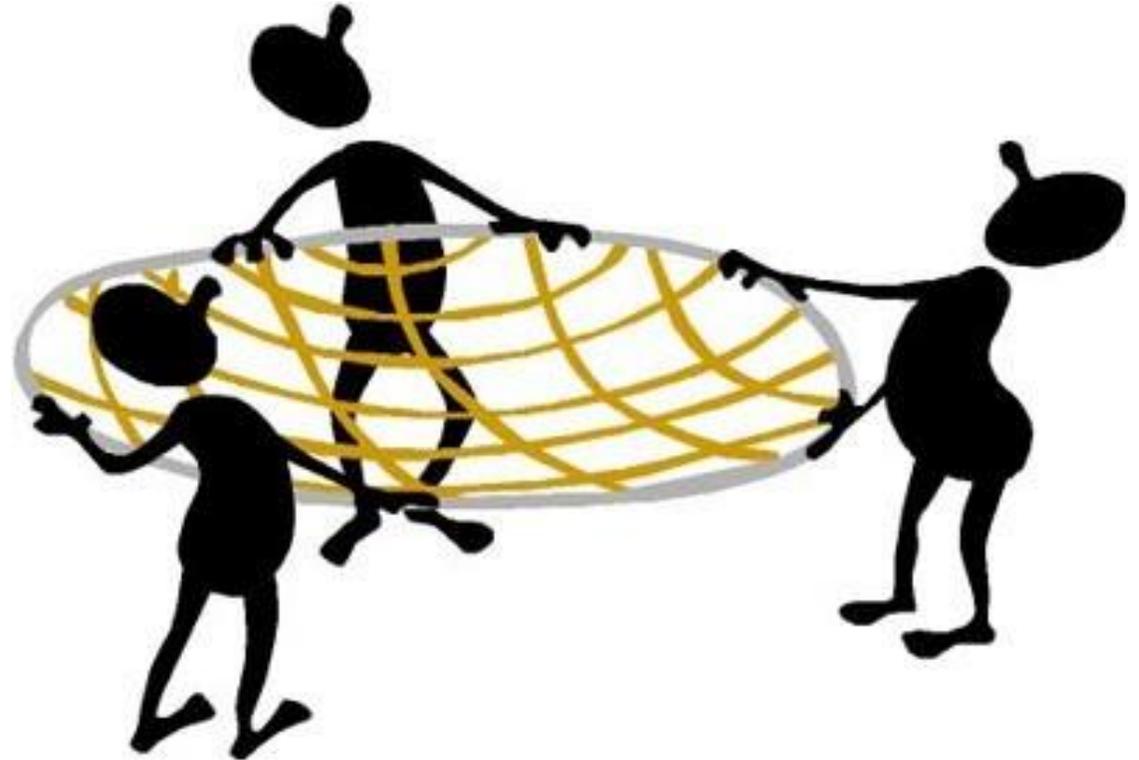
- Give room
- Encourage dreams
- Provide outlets



000 OFFER SAFETY

I feel like I always have to justify myself.
Family, friends, school,
they don't understand...

- Lifelong safety net
- Ignorance creates...
- Structure



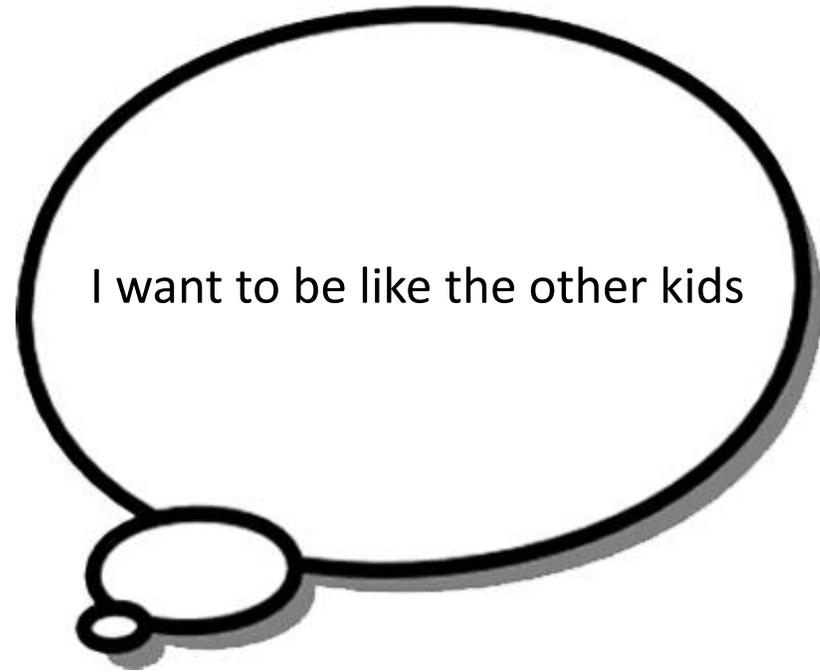
DO NOT FILL IN FOR SOMEONE ELSE



- People judge
- Best intentions
- Really want to understand



000 BE THEIR GUIDE ON THEIR LIFELONG PATH



- At each stage
- Different needs
- To be mentally at ease



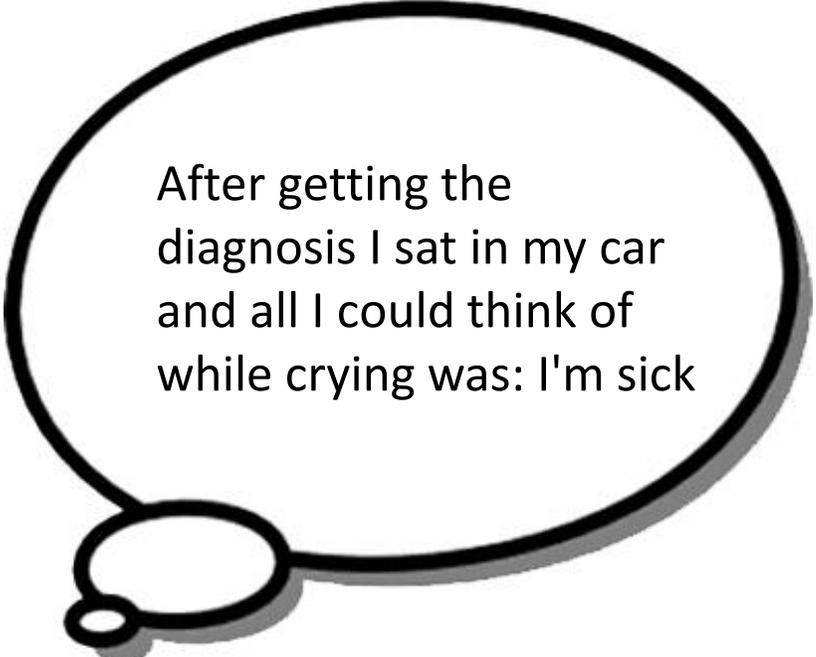
000 MAKE SPACE FOR EMOTIONS

Home treatment, we don't want the hospital at home and be afraid for the puncture every week

- Fear, what is to come
- Frustration
- Sadness, Anger...



000 PROVIDE COMFORT



After getting the diagnosis I sat in my car and all I could think of while crying was: I'm sick

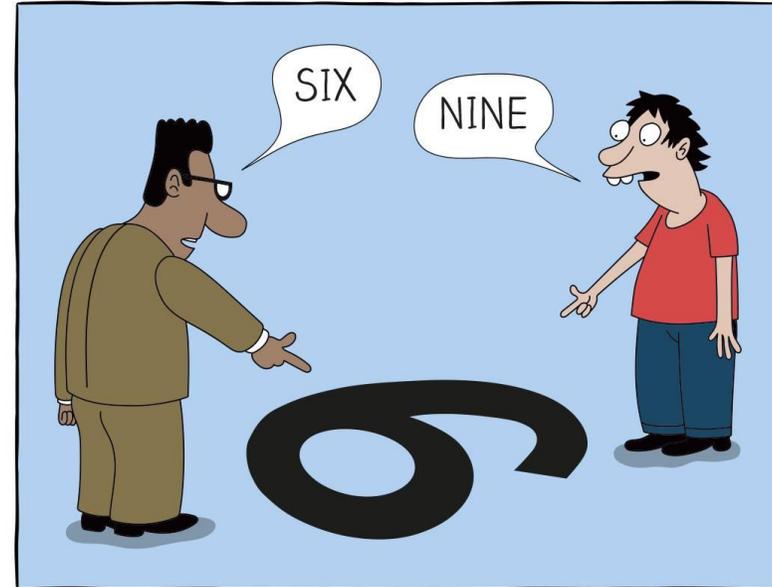
- Emotions are okay
- Reassurance at every age
- Physically, verbally



000 INCLUSION TO GAIN UNDERSTANDING

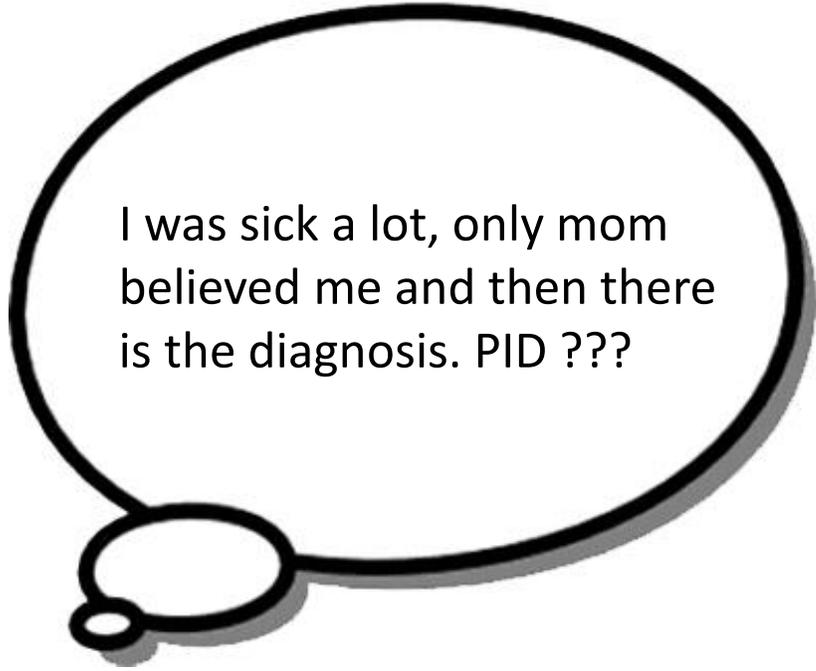


- Share information
- Give recognition
- You're not alone

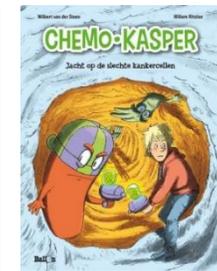
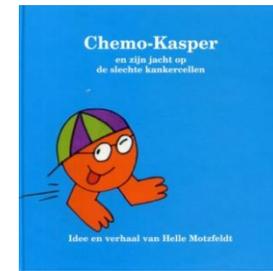


Just because you are right, doesn't mean I am wrong. You just haven't seen life from my side.

000 ESTABLISH WORLDWIDE AWARENESS



- Keep it simple
- Provide tailored information
- Worldwide recognition



000 FOLLOW THE PATIENT'S PACE

Transition, why, when,
where, how, which doctor,
my child is not ready
and nor am I

- A person of trust
- Be clear, double check
- Must versus may



000 BUILD RESILIENCE

Since the diagnosis
I have developed
anxiety disorders

- Positive self-image
- Selfcare
- Information & communication



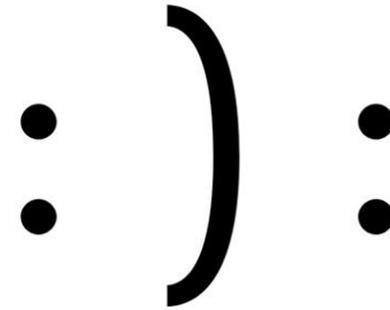
●●● NOTHING IS WHAT IT SEEMS



No more treatments,
nothing, isolation, let me
feel what it feels like, like a
full reset of a smartphone

- Different for everyone
- Things change
- Keep wondering

It's all in how



You look
at things

000 TOGETHER WE LEARN

The chat, your listening ear,
the time you make... makes
every visit to the hospital
more pleasant

**A special thanks to my patients
for their trust and so to be able
to learn together about :**

'How to address mental health'!



MENTAL HEALTH IN CONCLUSION

- HOW TO ADDRESS MENTAL HEALTH ?
- MAKE A CONNECTION
- SEE THE PERSON, NOT THE DISEASE
- OFFER SAFETY
- DO NOT FILL IN FOR SOMEONE ELSE
- BE THEIR GUIDE ON THEIR LIFELONG PATH
- MAKE SPACE FOR EMOTIONS
- PROVIDE COMFORT
- INCLUSION TO GAIN UNDERSTANDING
- ESTABLISH WORLDWIDE AWARENESS
- FOLLOW THE PATIENT'S PACE
- BUILD RESILIENCE
- NOTHING IS WHAT IT SEEMS
- TOGETHER WE LEARN



THANK YOU FOR LISTENING

- Opportunity
- Support

