

WELCOME

How to address mental health ? By Toya Al

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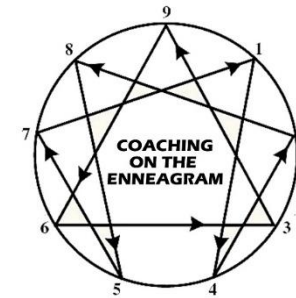
TOYA - INTERMEDIAIR



Specialization, child and adolescent coach
Playful coaching / Customized coaching



ALLO
BV
niets is wat het lijkt



BpC
beroepsvereniging
van perfectionismecoaches




Universitair
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How to adress mental Health

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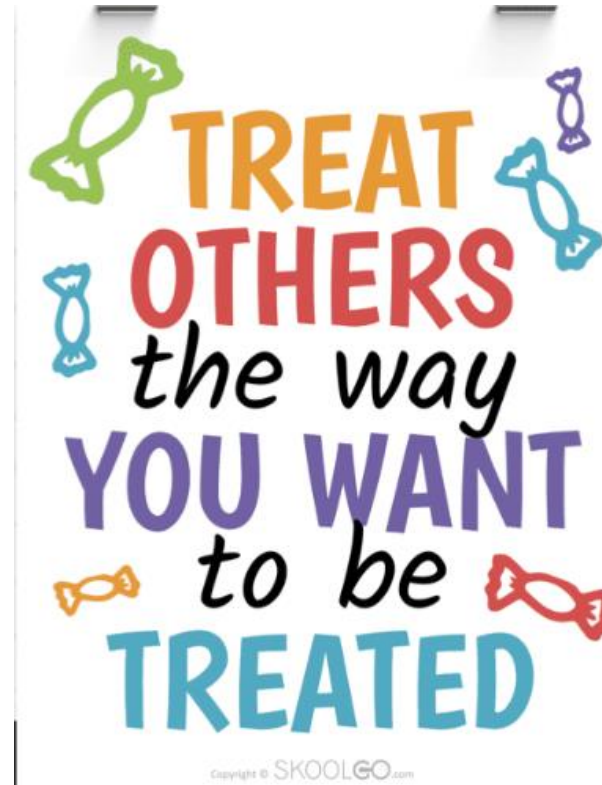


HOW TO ADDRESS MENTAL HEALTH ?




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



SEE THE PERSON, NOT THE DISEASE

Our son and little daughter,
both PID, get homeschooling

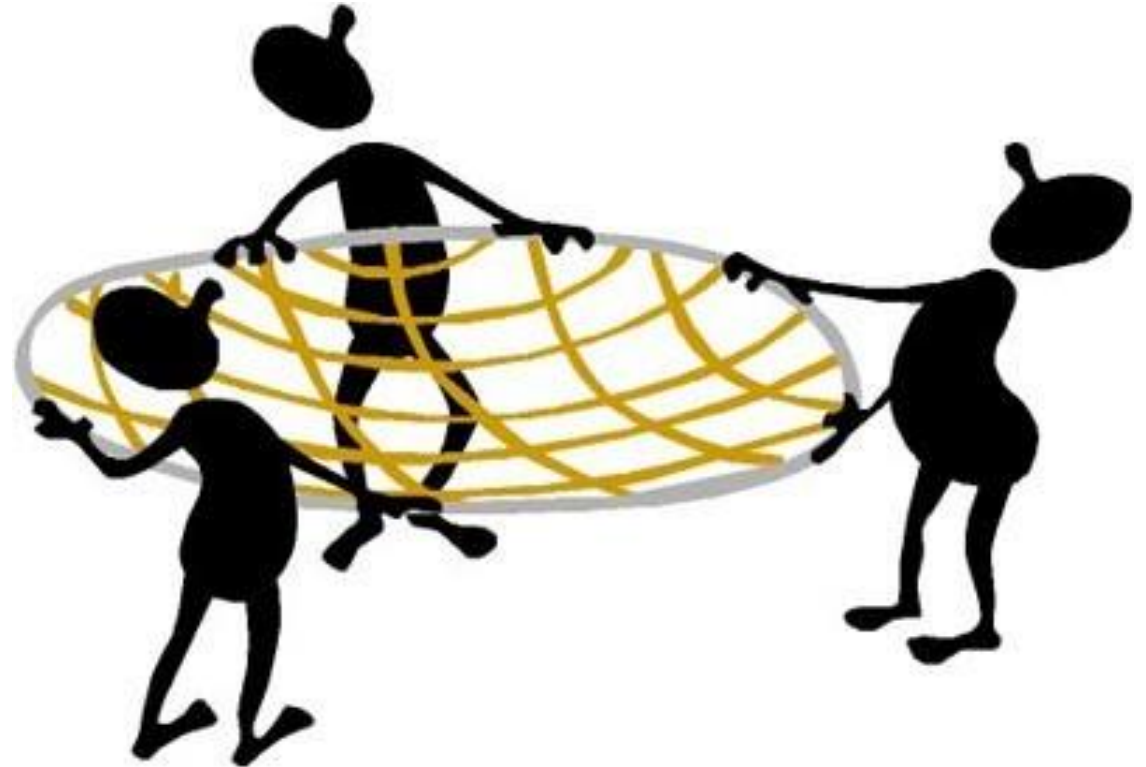
- Give room
- Encourage dreams
- Provide outlets



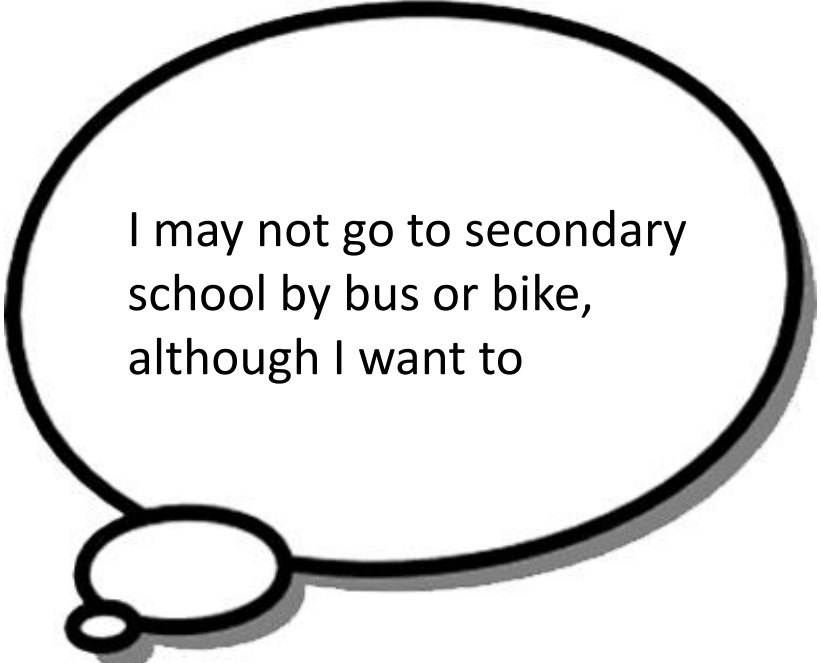
000 OFFER SAFETY

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

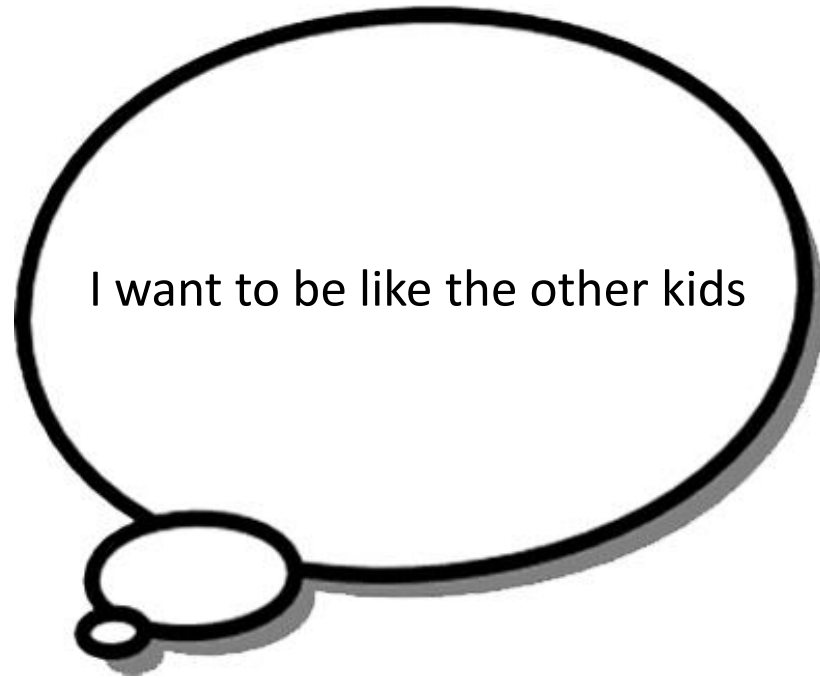


I may not go to secondary school by bus or bike, although I want to

- 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



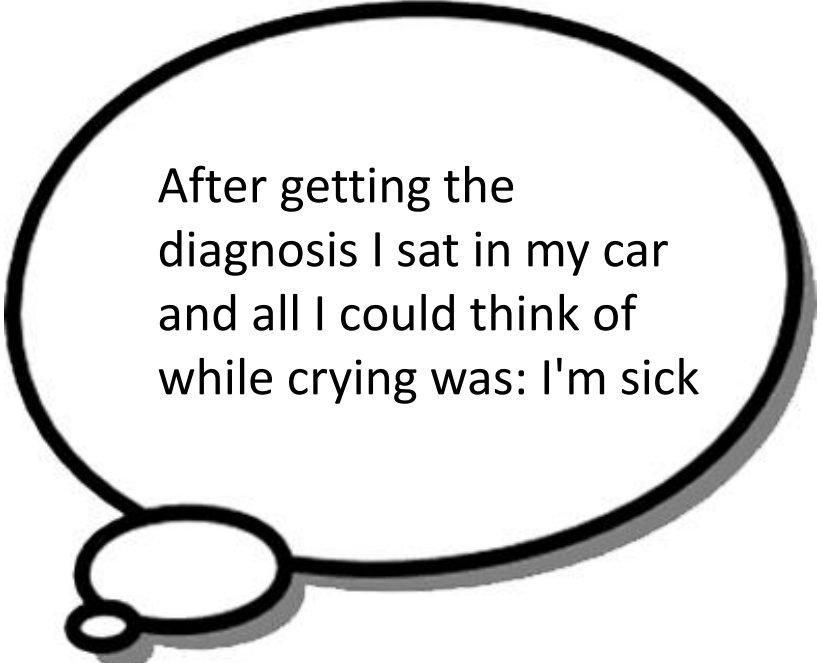
000 MAKE SPACE FOR EMOTIONS

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

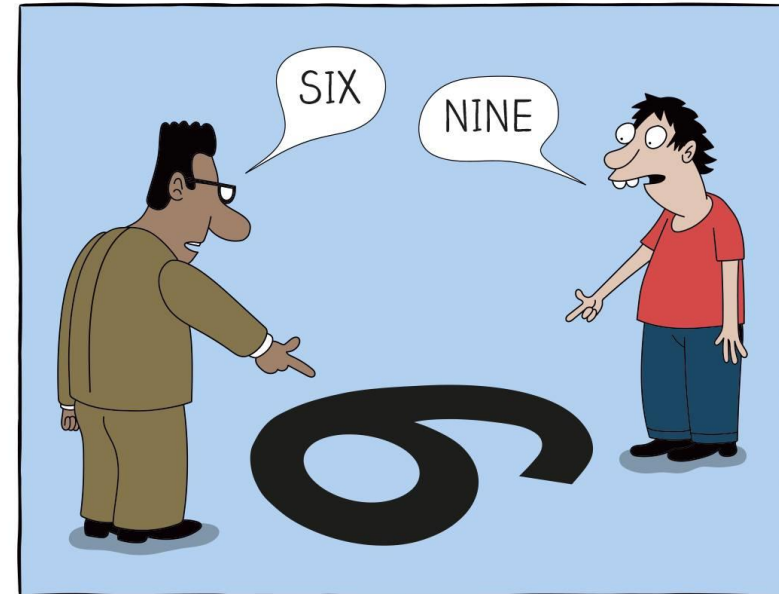
- Emotions are okay
- Reassurance at every age
- Physically, verbally



000 INCLUSION TO GAIN UNDERSTANDING

My teacher judged me by saying: sick... yeah sure, hanging around town

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

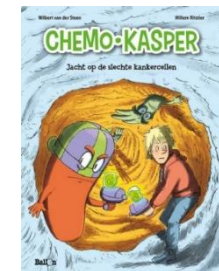
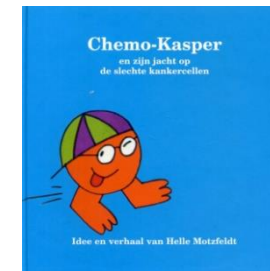


Just because you are right, doesn't mean I am wrong. You just haven't seen life from my side.

000 ESTABLISH WORLDWIDE AWARENESS

I was sick a lot, only mom believed me and then there is the diagnosis. PID ???

- 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 developped
anxiety disorders

- Positive self-image
- Selfcare
- Information & communication

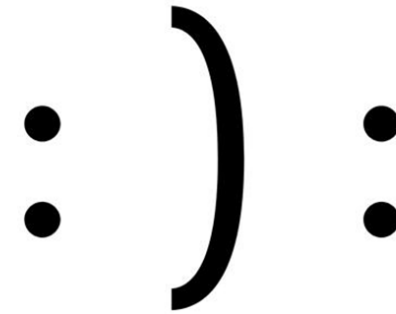


●●● NOTHING IS WHAT IT SEEMS




- Different for everyone
- Things change
- Keep wondering

It's all in how



You look
at things

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

