

Meerkanten GGz

Meerkanten Guide

The Meerkanten Guide provides extensive information about the organisation, about treatment, house rules, rights, complaints, privacy and other subjects. The guide also provides information about the Client Council, the Family Council and the Confidential Advisor for Patients. Anyone who is to be given treatment by Meerkanten receives this guide. The information can also be found on the website of Meerkanten.

Some figures

For many people it is not easy to talk about psychological or psychiatric problems. It is still under taboo. But did you know that one fifth of the Dutch population (about three million people!) has psychological symptoms? Some figures:

- 1 out of 10 men and 1 out of 5 women has at least one depression during life time
- 1 out of 5 Dutch men and women experiences an anxiety disorder during his or her life time
- 12 out of 100 visits to a general practitioner are related to symptoms of stress

(Source: Fonds Psychische Gezondheid)

Meerkanten, when you need help

What to expect?



Anyone can feel depressed or tensed once in a while. Also, many people now and then experience something that is shocking, unpleasant, or rouses anger. Many people get through this alone or with help from family and friends. Others need more help. For example, if symptoms develop into serious psychological, psychiatric or addiction problems that have a great impact on everyday life. In that case Meerkanten can offer help. Meerkanten is an institution for mental health care in the North- and West-Veluwe and in Flevoland.

First to the general practitioner

The general practitioner is the first person to contact when you experience health problems as well as problems of a psychological nature. If you and your general practitioner think you need specialized help, he or she can refer you to Meerkanten. In order to receive treatment at Meerkanten, a referral is always required. For acute, emergency help, general practitioners and the police can call in the crisis intervention of Meerkanten. Children younger than 18 years old can be referred via Bureau Jeugdzorg (institution for youth care). If a general practitioner suspects psychiatric problems, he or she can refer directly. The procedure of registering children and youngsters differs from the procedure described later on. Have a look at our website for more information or request the brochure.

Prevention is better than cure

In addition to treatment, Meerkanten offers prevention. Prevention is aimed at preventing, reducing, or early tracing of psychological problems. People with minor problems in the area of depression or stress can attend courses, which can prevent the development of serious problems. Meerkanten also organizes courses for family members of people with psychiatric and/or addiction problems. This is to support them and to prevent them from becoming overburdened.

The procedure of registering

You will receive notice within two weeks after Meerkanten has received your referral. Then an invitation for an exploratory interview follows. You may bring someone to this meeting. During the exploratory interview you will discuss your question for help, expectations and wishes with a social worker. Together you will form an impression of the existing problems. Sometimes a second exploratory interview is necessary. Additionally, a complementary examination can be carried out: physical or psychological examination. Then the social worker presents to you a possible plan of treatment in an advisory conversation. Preferably, this conversation takes place two weeks after the final exploratory interview. If you agree to the proposed plan of treatment the social worker will sign you up for this. Without your permission you cannot be treated. If you have a preference - for example for a male or female social worker – let us know. This will be taken into account as far as possible. If you and your social worker do not come to an agreement about the plan of treatment we offer you the possibility of a second opinion.

Waiting list

Sometimes it takes a while before treatment can start off. The waiting list differs according to the type of treatment. In the advisory conversation, the waiting period will be discussed with you. If the waiting period is too long (in other words: medically irresponsible) the social worker will discuss the alternative possibilities with you.

Treatment, how intensive?

Outpatient's treatment is most common (90%). You visit the social worker by appointment on one of the locations of Meerkanten. Outpatient's treatment varies from a few meetings to long-term therapy. Differences also exist in frequency: for example once a week, once every two weeks or once a month. In addition to individual therapy, family therapy or group therapy is also possible. About 75% of the people rounds off treatment successfully within several months. If outpatient's treatment does not suffice in the treatment of your problems, a more intensive kind of treatment could be necessary. Part-time treatment for example. This kind of treatment can vary from one daily period to five days a week. Clinical treatment involves admission to a clinic. This only happens when outpatient's treatment and part-time treatment are insufficient. It is also possible to receive guidance at home.

What does treatment consist of?

Treatment can consist of various parts. There are, for example, several types of conversational therapy. In addition, supplementary therapies and trainings are possible. These can take place both individually and in a group. Medication can also be prescribed.

Who does what?

At Meerkanten, people with different professional backgrounds are involved in the treatment of clients. This includes psychiatrists, psychotherapists, psychologists, nurses and social-psychiatric nurses. But also creative therapists and psychomotor therapists. It depends on your treatment which professionals are involved.