

LET YOUR STORY BE HEARD

Do you experience physical or mental stress?

Sharing your story about this or about mental wellbeing can be a source of comfort and strength for others. By sharing your (anonymous) story you can help others feel heard and it can serve as a form of relieve for yourself.

The 'Verhalenbank psychiatrie' collects these stories about mental wellbeing. Analyzing them can provide clues to improve healthcare and make it more inclusive.

Want to know more? You can always contact the project coordinator Roel van der Veen through e-mail or phone:

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