



**Hanze**  
**University of Applied Sciences**  
Groningen

**‘To tell or not to tell’**



# **Disclosing your mental health problems in an educational setting**

**Session 1**

**Mid Sweden University, October 29th 2021**

**Lies Korevaar, PhD**

**Research & Innovation Centre for Rehabilitation**

**share your talent.  
move the world.**

# Learning Objective

The participants will have increased knowledge and skills how to help students to disclose or not to disclose their mental health problems

# Overview

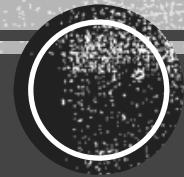
## Session 1: October 29th 2021

- Introduction
- Whether to tell
- Who and When to tell

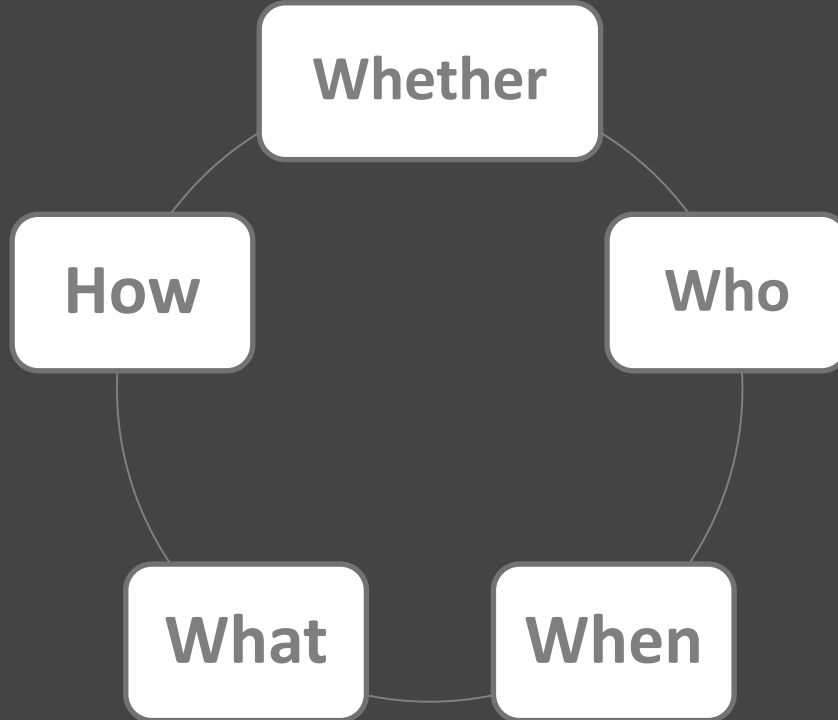
## Session 2: November 5th 2021

- What and How to tell
- Research on the tool
- Summary and evaluation

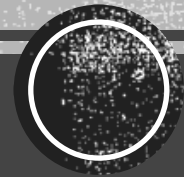
# INTRODUCTION



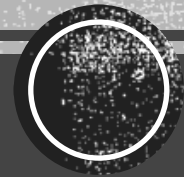
# 5 aspects of the skill Disclosing



**WHETHER TO TELL**



# WHO & WHEN TO TELL

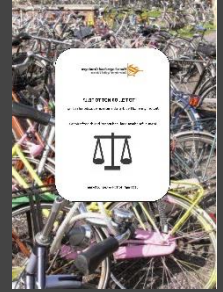


# Practical aspects

- **Number of meetings: on average 4**
- **Duration of the meetings: on average one hour**
- **Location: quiet room / preference of the student**
- **Professional: from education or mental health**
- **Manual**



# Manual for professionals



- Description of the tool
- Five worksheets with instructions on how to use them
- Guidelines on how to structure the meetings:  
ROPES (review, overview, presentation, exercise and summary)



- Please read in the manual the pages 7-20
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