

Bel-me-wel-register: What is it and who is it for?

Hi! Welcome to the Bel-me-wel-register, which roughly translates to “Please-do-call-me-register”. This register is set up for anyone dealing with mental, emotional or social distress or problems due to the COVID-19 virus and following policies and restrictions.

Whether you live alone and feel lonely and isolated, you’re scared of losing a loved one or contracting the virus yourself, or you’re suddenly stuck with your family, housemate or partner 24/7: we’re all in new situations, finding a (temporary) new balance. Luckily, people are usually quite good at adapting to and making the best out of new situations. Even so, it can be tough to deal with the adaptation, change and insecurity inherent to this situation. Reactions and feelings like stress, anger, anxiety, sadness, frustration, loneliness and boredom are normal and will come and go. But when you’re unable to see the people or do the things that usually help you through a tough time, it can become a little bit harder to deal with this. This register can lend you a helping hand by offering you the possibility of a phone call with a mental health care professional, who’s there to listen to you and support you, to get you through this situation a little easier.

So who’s behind this register?

My name is Saisha Partiman, I’m a psychologist from Amsterdam. Me and (former) colleagues from the mental health field (f.e. psychologists, psychotherapists, coaches), will be the ones calling you. Based on my professional as well as my personal experience with the COVID situation, I felt the need to set up this register. People are asking me a lot of questions and are dealing with emotions that were triggered by for example isolation, fear of getting sick, (fear of) losing your income, of losing someone you love, having to be a full time employee, part-time teacher and full time parent and partner in one... It’s a lot. Especially to deal with alone. As some people have more people to talk to than others, this register is meant to fill that gap a little.

How does it work and what can I expect?

Through the register-button (the yellow button on the right when you scroll down), you can register by filling out your details in the contact form. Write down very briefly what it is you’re having a hard time dealing with and leave your phone number. We will get back to you and propose a date and time to schedule a phone call within 24hrs on weekdays. On the weekends it might take a little longer. One of our professionals will call you at the set time and date anonymously. The call will last for a maximum of 30 minutes, and if necessary, we’ll schedule another.

The calls are ***no replacement for or form of therapy, nor are we capable of giving medical advice.*** For medical advice or therapy, I suggest you contact your general physician (they can refer you to a mental health professional if needed too) or visit the website of the World Health Organization. We are here merely for support, a listening ear and advice.

