

## 'Heal, relieve and comfort'

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Our mission is to improve the quality of life of our clients of through personal and affective treatment, using the latest methods. We attach great importance to the above words, derived from the aphorism "medicine is to cure sometimes, to relieve often, to comfort always" and which is attributed to the French surgeon Ambroise Paré (1510-1590). That is why we have named the name of our institution (phonetically) after him.

## About APareeGGZ

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When your mental health issues are not yet too serious, you are eligible for treatment within the basic mental health care. When the problems are more serious and complex, then we have specialist mental health care available for you.

We work in a multidisciplinary team and our treatments are based on Dutch mental health standards and guidelines. We work together with you on the best treatment result.

## How to find us?

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Our clinic is approximately 450 meters walking distance from the Erasmus University, located in Brainpark I near the Novotel.

### **APareeGGZ**

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3062 MB Rotterdam  
(Trias I -building 3rd floor)

☎ +31 10 452 5545

✉ [secretariaat@apareeggz.nl](mailto:secretariaat@apareeggz.nl)

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APareeGGZ

Stress?  
Burn-out?  
What else?

Check-up, e-health & mindfulness



(English version)

## Resilience and burn-out

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Do you suffer from stress from burn-out complaints and are you afraid that you cannot meet the high expectations of yourself of the demands that others make on you, individually or in a group? Do you recognize that your resilience is constantly declining and that things that you could easily handle are now unsolvable? That you are feeling down and you have no idea how to get better?

Nowadays, more is known about resilience and its function. We can coach or treat you to increase your resilience, so that you will be able to play the role again that suits you. Also, so that you can safely continue to realize your ambitions and goals.

## Our treatment

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- Check-up: diagnose to determine the right approach. Therefore we use certified testing and specialized instruments.
- E-health: you will receive your own account in order to follow modules and training online, anytime you like. Your online treatment is always in combination with personal contact with your therapist.
- Mindfulness: training in a group with an experienced practitioner.

## Direct registration

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Contact us by telephone or send us an email. For registration you need a referral letter from your general practitioner. You can also register privately.

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## Treatment cost

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Our mental health care is covered by the standard package of Dutch health insurers. The actual amount they reimburse depends on your current insurance coverage and your chosen own risk. If you have an international health insurance in most cases treatment costs with APareeGGZ will -at least partially- be covered. Please contact your insurer beforehand.

You can also pay the costs of your treatment in private. Sometimes your employer is willing to reimburse the costs of therapy.

If you have any questions about the costs or reimbursement of your treatments, please feel free to contact us.

## Summary

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Could you use some extra help with the challenges life throws at you? We offer up-to-date therapies for personal problems you find hard to discuss with somebody else. Think of stress, burn-out, depression, et cetera.

Our team is dedicated to help you. We provide treatment in a number of languages including Dutch, English, German and French.

Call or email us for direct registration and find out whether your insurance covers our services. If not, you can pay for the treatment costs yourself.

The logo for APareeGGZ features the text "APareeGGZ" in a bold, sans-serif font. The "A" is orange, "Paree" is green, and "GGZ" is red. The text is centered between two horizontal lines: a thin grey line above and a thin green line below. The entire logo is set against a light grey background.

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