

At **Blue Serenity Therapy**, your safety and well-being are my top priority. While our work together in therapy can offer valuable support, I recognize that mental health crises may occur outside of regular sessions. This **Crisis Policy** outlines what steps to take in an emergency and explains the limitations of my services in such situations.

Please note, the crisis resources listed in this policy are those based in the Netherlands and follow Dutch professional standards. For resources based in your country, please refer to this website: <https://trystressmanagement.com/mental-health-resources/europes-hotlines/>.

What is a Mental Health Crisis?

A mental health crisis may include, but is not limited to:

- ◆ Thoughts of suicide or self-harm.
 - ◆ Thoughts of harming others.
 - ◆ Severe panic attacks or dissociative episodes
 - ◆ Psychotic symptoms (e.g. hallucinations or delusions)
 - ◆ A sudden inability to function or maintain safety
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What to Do in a Crisis

If you are in immediate danger or need urgent mental health assistance, please do not wait for your next appointment or rely on contacting me.

1. For Immediate Danger or Risk:

- **Call 112** – for emergencies requiring police, ambulance, or immediate intervention.

2. If You Need Urgent Mental Health Support:

- Contact the **Crisisdienst Geestelijke Gezondheidszorg (GGZ)** in your region. This service is available 24/7.
 - You can find your local GGZ crisis line by searching online for “GGZ crisisdienst [your city/region]” or by calling your general practitioner (huisarts), who can refer you directly.
- Call **113 Zelfmoordpreventie** at **0800-0113** or visit <https://www.113.nl> – a suicide prevention hotline available 24/7 for free and confidential support in Dutch and English

3. Contact Your GP (Huisarts):

- Your general practitioner can coordinate urgent psychiatric care and make referrals to emergency services if necessary.

Limitations of My Practice During a Crisis

As a private therapy practice, I am **not equipped to provide emergency or on-call crisis services**. Furthermore, I:

- ♦ Do not provide 24/7 availability.
- ♦ May not be able to respond to calls, messages, or emails outside of scheduled appointments.
- ♦ Am ethically and legally obligated to maintain appropriate boundaries and safety measures.

Ethical and Legal Considerations

As a licensed professional practicing in the Netherlands, I am bound by:

- ♦ The **WGBO (Wet op de geneeskundige behandelingsovereenkomst)**, which governs my duty of care and confidentiality.
- ♦ **GDPR**, which ensures your data is handled securely and responsibly.
- ♦ The ethical codes of my professional association (**NIP**), which requires me to act in your best interest while acknowledging my limits.

If I become aware or heavily suspect that you are in **immediate danger to yourself or others**, I am ethically and legally obligated to **break confidentiality** and **contact emergency services** to ensure your safety.

How I Can Support You Post-Crisis

If you experience a crisis and receive emergency care, please inform me (as soon as you feel able) so we can adjust your treatment plan accordingly. I may work collaboratively with other professionals (e.g. your huisarts or GGZ team) to support your ongoing recovery, always with your informed consent.

While I am here to support you through challenges, in a crisis, your safety comes first. Please keep the numbers and resources above accessible. Knowing how to get help quickly can save lives.

If you have any questions about this policy or need help creating a personal crisis plan, please don't hesitate to bring it up in our next session.