

# PSYSOLIDAIRES

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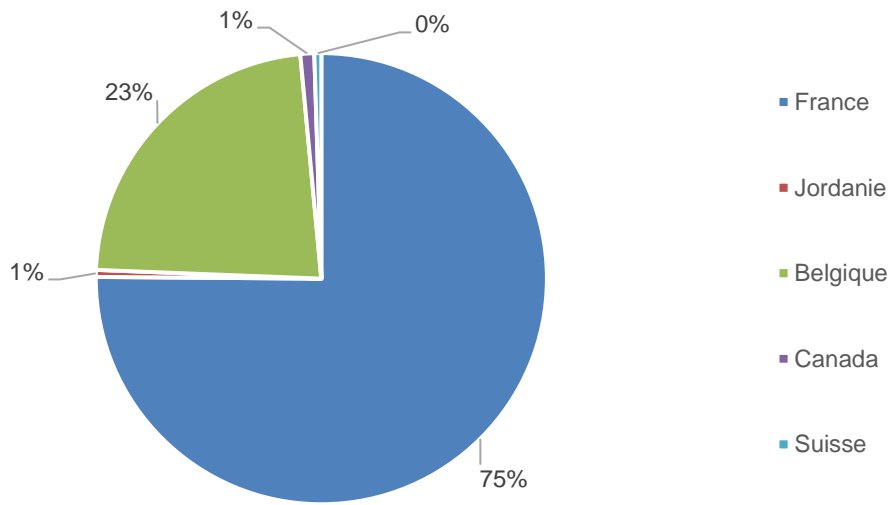
# Lockdown the last 2 months ...

- ❖ Impact on isolated people, family disorder, caregivers working intensively
- ❖ **Old trauma re-emerges and behavioral problems get worse:** Anxiety, post-traumatic stress disorder, depression and suicidal behavior, addictive behavior, domestic violence
- ❖ **52% of people express discomfort** (UCLouvain Study)
- ❖ **9% increase in the consumption of drugs** to cope with stress, anxiety or insomnia after a week of confinement (Sciences Po Political Research Center)

# Creation of PSYSOLIDAIRES.ORG

- ❖ In order to reduce the anxiety related to confinement and sanitary crisis by **facilitating access to mental health care**
- ❖ **201** psychologists registered to **volunteer**
- ❖ **Today, 100** psychologists is still active to support every day

Psychologist's Country of residence



- ❖ **Different type** of psychologists:
  - ❖ Clinical psychologist,
  - ❖ Psychoanalyst,
  - ❖ Work psychologist,
  - ❖ Specialized in children / adolescent / parenthood / couple

# PSYSOLIDAIRES Team



❖ **Anouk ROSSEELS - Clinical psychologist & Founder**  
External and digital communication manager  
Development of the platform



❖ **Twyggie JEANNOT - Clinical psychologist**  
Internal communication and relationship management of volunteer psychologists  
HR Manager



❖ **Lucie YVON - Adolescent and adult clinical psychologist**  
Ethical framework and chart Manager



❖ **Manon LE FLOUR – Clinical Psychologist & Mental Health and Psychosocial Support Specialist**  
Monitoring & Evaluation Manager



❖ **Laetitia DE SCHOUTEETE - Clinical Psychologist**  
In charge of Psychologists' Supervision

# PSYSOLIDAIRES Chart

- ❖ Psysolidaires is using a humanist approach centered on « **here and now** »
- ❖ We guarantee to our beneficiaries respect for the following **fundamental principles**:
  - ❖ Listening
  - ❖ Empathy
  - ❖ Communication
  - ❖ Support
  - ❖ Respect
  - ❖ Confidentiality
  - ❖ Humanism

# How does it **work**?



1.  
Reception of the  
« request help » **FORM**  
via  
**PSYSOLIDAIRES.ORG**



2.  
Looking for the **perfect match**:  
❖ *Localisation*  
❖ *Speciality*  
❖ *Availability*



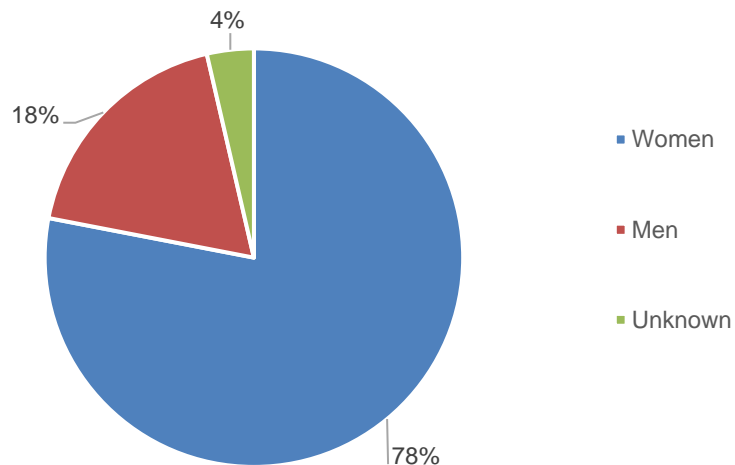
3.  
**Transmission of contact details** and connection  
between beneficiaries  
and volunteer  
psychologists

With our **digital platform** and current **digital tools**, volunteer mental health professionals and people suffering from psychological distress are **linked every day**.

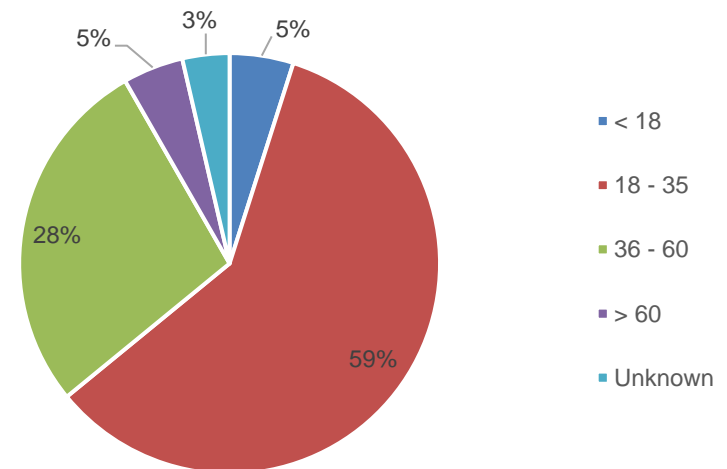
# What about our results?

- ❖ During the 3 months (March to May) we received around 500 forms from our website.
- ❖ Our vounteer psychologist provided between **1 to 3 active listening sessions** per person supported

## Total Gender Repartition

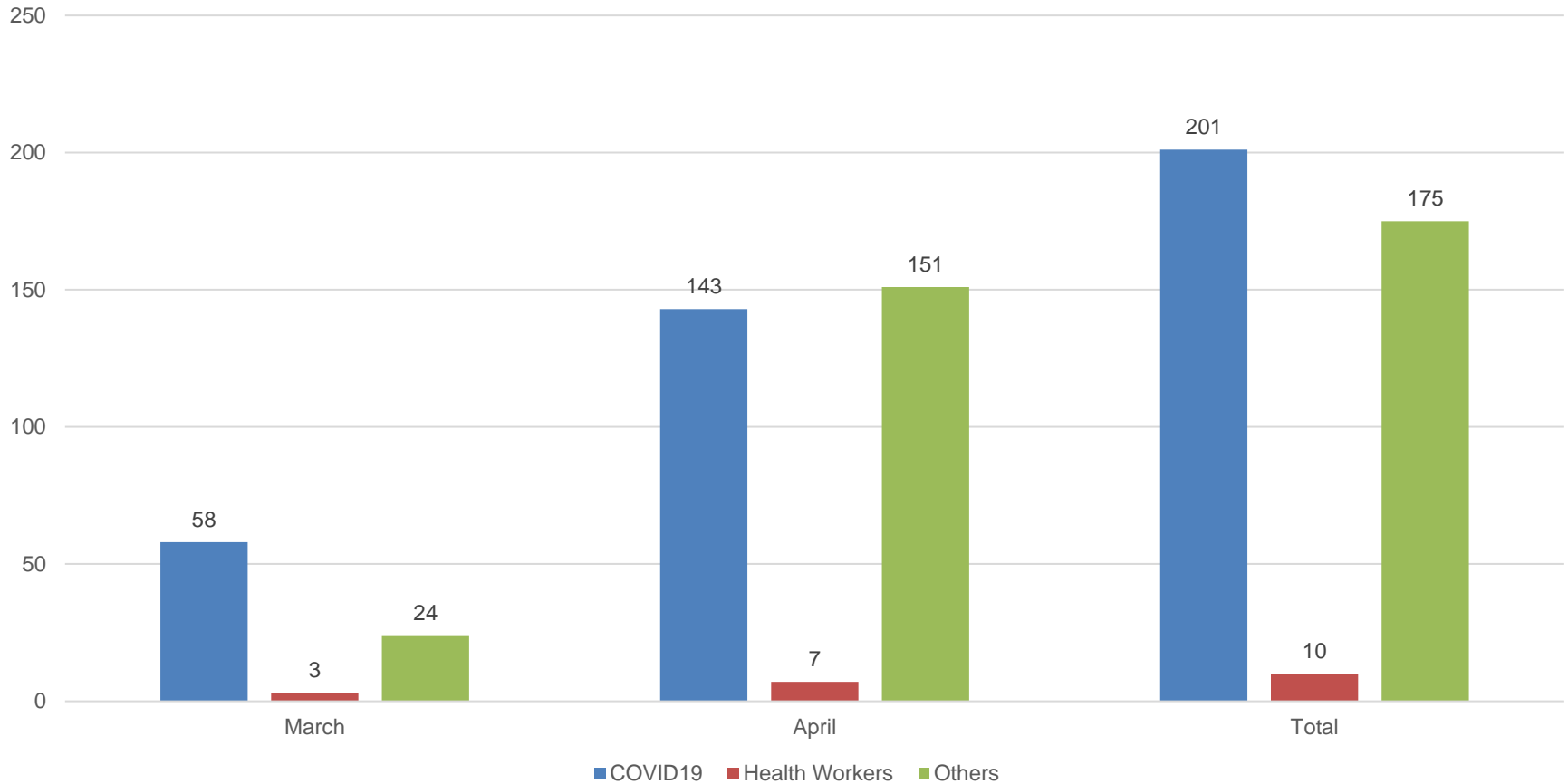


## Total Age Repartition



# What about our results?

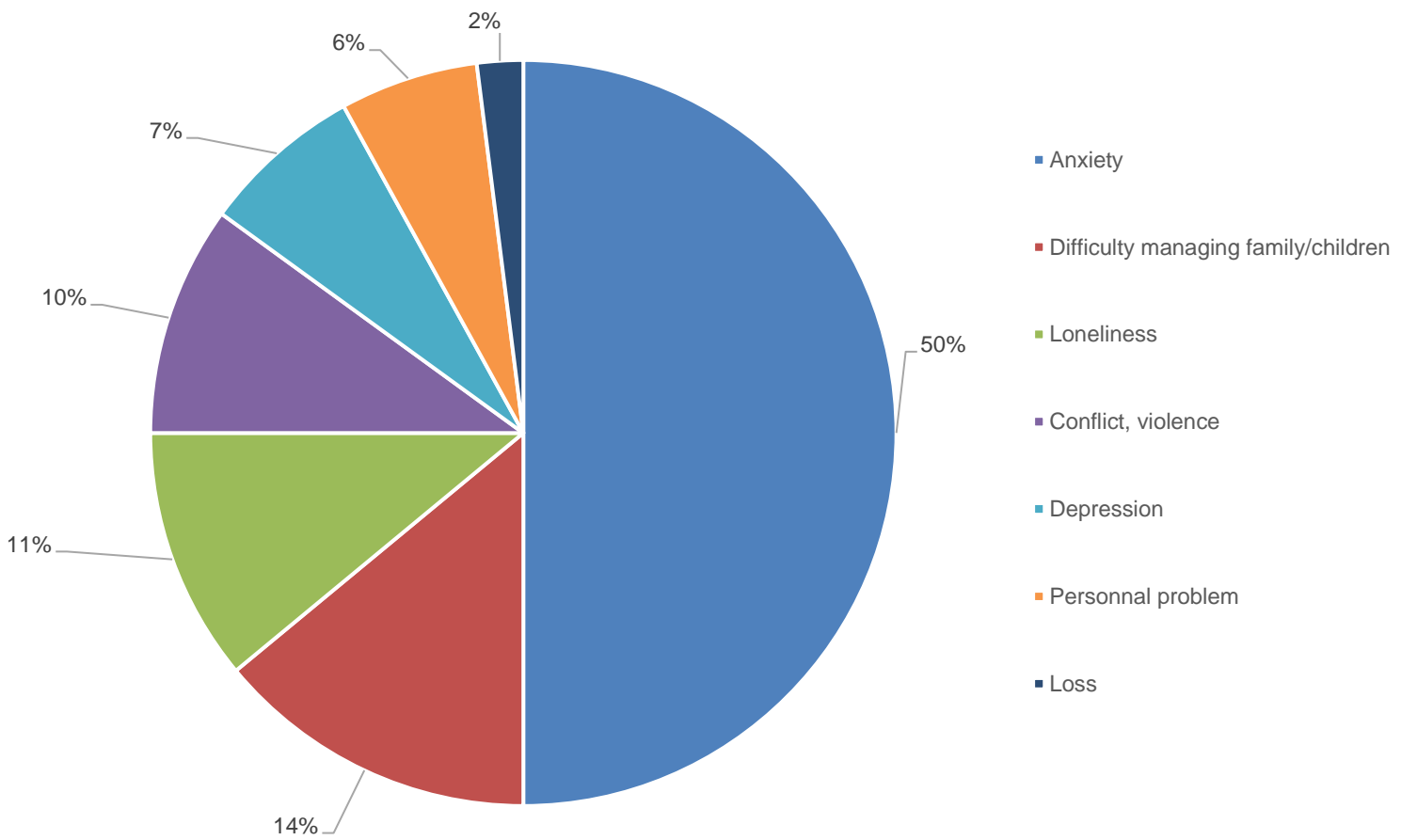
Request Type





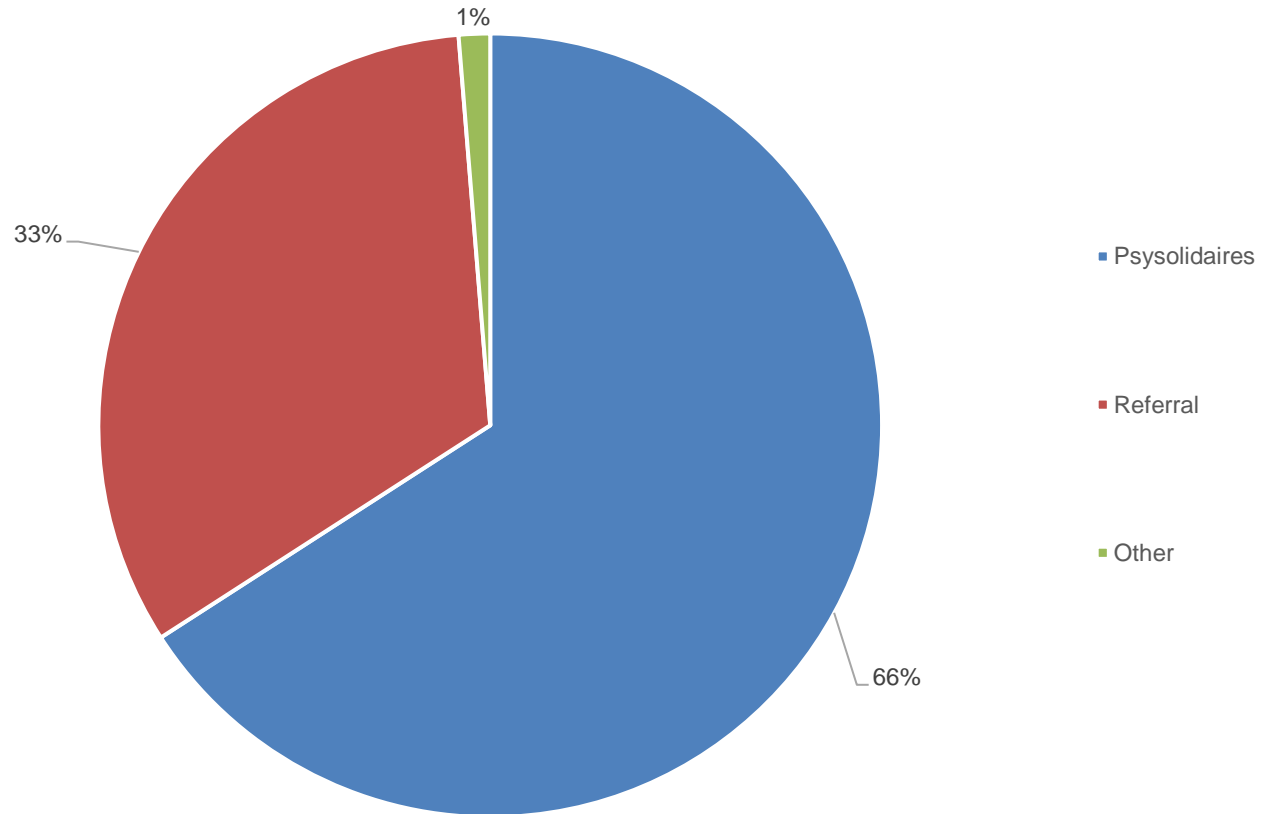
# What about our results?

Major distress signs



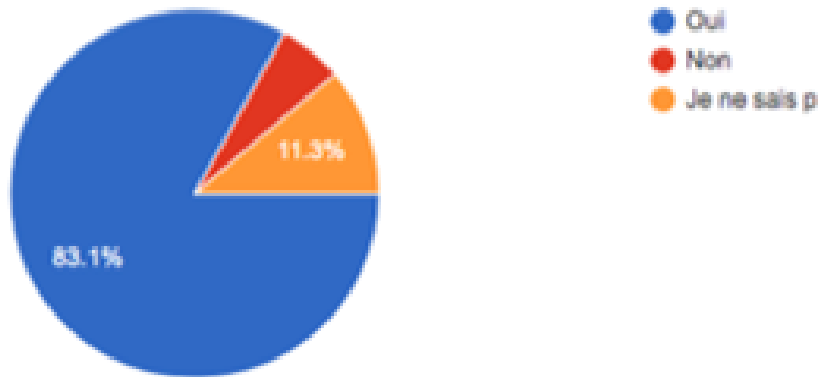
# What about our results?

Type of care provided



# What about our results?

## 1. « Did the volunteer *active listening* help you? »



**After  
5 to 1 to 3 active  
listening sessions**

## 2. « Did you start a therapy? »

30% were referred to start **therapy**

70% felt better and no longer needed **active listening support**

# What's Psysolidaires' next objective?

- ❖ **General objective:**  
Promote mental health well being
- ❖ **Specific objective:**  
Facilitate access to mental health care
- ❖ **Results:**  
Provide punctual support / active listening session  
Refer people in mental distress to competent services  
Be an « anchor » for anyone seeking help

# How will **Psysolidaires** work?

- ❖ Continue to work with our **100 volunteer psychologists** selected for their **common values** of **mutual aid** and **solidarity**
- ❖ Organize **psychologist supervision** every 2 weeks and potential trainings
- ❖ Provide **1 to 3 active listening session** offered by our volunteer psychologist
- ❖ Create an **online referencing** containing a maximum of **volunteer psychologists, partner's psychologist, institutions** and **structures**
- ❖ If necessary **reorientation** of beneficiaries to adapted services
- ❖ **Psysolidaire** aims to cover **all French-speaking European countries** as Belgium, France and Switzerland

# What we **need** to achieve our goal?

- ❖ **More visibility** to generate more requests (social networks, digital marketing)
- ❖ **More psychologists** (volunteers and partners)
- ❖ **More institutions** and **structures**
- ❖ Development of an **online referencing** with a network of psychologists who provide face-to-face therapy in all regions of French-speaking countries
- ❖ **Automation of various** tools (agenda, appointment services...)
- ❖ Internal telecommunication respecting **GDPR**

# PSYSOLIDAIRES

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THANK YOU!

We will be available for question during **Q&A**