

FAQ about Yet

What is Yet?

Yet is an online platform with experts in mental health, personal development and coping with difficult situations at work or at home.

What sort of issues can I contact Yet about?

You can contact Yet about all sorts of issues, relating to such things as work pressure, conflict at work, transgressive behaviour, lack of happiness at work, loneliness or financial matters. The handy decision aid at www.yet.nl/plan-een-sessie will help you schedule a session.

Which treatment method does Yet use?

The experts at Yet work with the proven Single Session Therapy (SST) method. Put simply, it means that Yet gives you insight into the next step towards growth and development in one enlightening, goal-oriented session. One online 1:1 session of 45–60 minutes is enough to enable over 80% of users to help themselves.

How do I make an appointment?

That is simple. Go to www.yet.nl/plan-een-sessie. A specific login is available for your organisation. Ask HR or your manager for this or check any other information available about Yet.

Let's talk about it.

What time can I schedule a session?

You can schedule an appointment directly in an expert's appointment book. This may also be in the evening or weekend.

Do I have to inform my manager about an appointment with Yet?

Absolutely not. You can have the conversation anonymously and schedule it in the evening if you wish, so that it is not within your normal working hours.

Who is Yet for?

Yet is for any employee who wants to talk to someone about something they come up against. Be that a long-standing pattern of things, a new situation, a specific career or relationship question or a feeling of restlessness.

Which expert will my session be with?

Many experts work at Yet, each with their own area of expertise. These include psychologists, coping experts, work-life coaches, career coaches, life counsellors and management coaches. You will schedule a session with an appropriate expert, depending on your question or issue.

How can one session be enough?

As the name suggests, the basic principle of the Single Session approach is that a single session can suffice. You and the expert will work to make that single session worthwhile and to enable you to move forward yourself. The aim of the session is not to solve the entire problem at once, but to help you find your own solution.

How is the session recorded?

The Yet experts do not keep records of what is discussed during a session. In addition, your email address is deleted after the session so no personal data are kept. The expert will assess your level of education and age category to get an overall picture of Yet's users. This data is stored in the customer dashboard. All the data in the dashboard is stored at group level and can therefore not be traced back to an individual.

Can I schedule an unlimited number of sessions?

In principle, every session is a separate case. If it becomes clear during a session that additional support is needed, the expert will advise on appropriate options.