

Fast and easy access to a psychologist via phone, chat or video consultations. Get practical tips and insights.



### What can I contact OpenUp for?

Are you struggling with something small or big, private or work-related? Are you looking for one-time advice or preventive treatment? You can reach out to the OpenUp psychologists with any kind of question. OpenUp also produces monthly content including webinars and online self-help programs to get started.



### When can I contact OpenUp?

You'll decide for yourself if, when and where you'll reach out to OpenUp. Which also means you don't have to report your consult internally first. You can contact OpenUp from Monday-Thursday between 8:30 and 21:00, Friday between 8:30 and 17:00 and on Saturdays from 13:00 till 17:00.



### Does my employer get notified?

The information you will share with your psychologists will be safe with them; they are committed to their professional ethic code and are not allowed to discuss your personal details with your employer or others.



### How do I start a conversation?

To book a chat, call or video consult, or get access to webinars and self-help programs, go to <https://www.openup.com>. Quick, easy and accessible.

# openup



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