

For parents

Karakter – information in English



Sometimes your child has problems that you both cannot work out. Your child becomes angry easily or feels very anxious. Your child is depressed and withdraws from others. Or your child is very active and has problems with concentration. With many of these problems, your child's brain processes information differently than their peers. He may have psychiatric problems.

At Karakter, we will conduct research to identify your child's problems. Together we will look for solutions so that your child starts feeling better again: at home and at school.

How does Karakter work?

Step 1: Registering your child

Your child is registered at Karakter by your own general practitioner, an adolescent physician, a pediatrician, the youth and family center (CJG) or the social district team of your municipality. You cannot register your child yourself. Please keep in mind that there is often a waiting period.

Step 2: Questionnaire

When your child has been registered, you will receive a letter from us confirming the registration. You will also receive an online questionnaire with questions about your child. Please complete this questionnaire. This enables us to get a good idea of your child.

Do you need help filling it out? Please ask someone who knows your child well: for example, the teacher at school, your child's current mental healthcare provider, or your contact person at the CJG.

Step 3: The intake interview

You will be invited for an intake interview. During this interview, we get to know each other. We will discuss any problems you are experiencing with your child and any concerns you may have.

Watch a video about the intake interview at Karakter [here](#). This video can be found on the Karakter YouTube channel.

Step 4: Research

Sometimes there will be some additional examinations after the intake interview. We determine what is going on with your child. We call this the diagnosis.

If the diagnosis is known, it may be interesting to learn more about it.

On our website, you can find information and videos about common diagnoses such as ADHD, autism, depression, and anxiety. This information is in Dutch.

<https://www.karakter.com/hulp-bij>

Step 5: Treatment

We will draw up a treatment plan, which we will discuss with you.

We always look closely at what your child needs and what suits your child best. This may include conversations and exercises. We often combine this with online treatment (eHealth). Medication may also be prescribed.

A child with psychiatric problems often demands a lot from the parents. Therefore, you will also receive counseling. You will receive recommendations on how to deal with your child's problems. Treatment sessions therefore often take place at your home.

On our website you will find more information about our treatments, mental healthcare providers, and locations.

www.karakter.com

About Karakter

Karakter is an academic medical center for child and adolescent psychiatry. We treat children and adolescents with complex psychiatric problems. Annually, we treat more than 8,000 children and adolescents. We also conduct research and train mental health providers. At Karakter, many different mental health providers such as psychologists, psychiatrists, and family therapists work to provide your child and family with the most appropriate care and guidance.