Lentis Chat

Sometimes it helps to simply talk to someone. Someone who listens, thinks along with you, and understands what you are going through. With the Lentis chat, we offer a low-threshold and safe way to get in touch. No complicated steps, just a direct conversation with a peer support worker, someone who can offer a listening ear based on their own lived experience. In the event of an emergency, the standard procedures apply.

The chat is available to anyone who is struggling with mental health, has questions, or is concerned about a loved one. It can also be a meaningful first step during waiting times, or when reaching out for care still feels like a big step.

- ✓ Scan the QR code for the opening hours of the chat.
- ✓ Chat **anonymously** with a peer support worker from Lentis.
- ✓ For guidance, support, and referral.
- ✗ Not intended to replace professional treatment.

Start a chat on Lentis.nl

Visit Lentis.nl for more information (NL)

Lentis