



## **“TO TELL OR NOT TO TELL?”**

Disclosing mental health problems in an educational setting

Worksheets for students



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## Colofon

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'To tell or not to tell?' Disclosing mental health problems in an educational setting.  
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# Worksheet 'Whether to tell'

Instructions: Determine whether you want to tell about your mental health problems

- Remember to:
- a. Identify benefits
  - b. Identify disadvantages
  - c. Compare the benefits and the disadvantages
  - d. Make a choice

<b>To tell or not to tell?</b>	
<b>A. What are the benefits of disclosing?</b>	<b>B. What are the disadvantages of disclosing?</b>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
<b>C. Compare the benefits and the disadvantages. Which are most important to you? Rank the benefits and disadvantages of disclosing from most important to least important.</b>	
<b>D. Have you been able to make a (provisional) choice? Do you tell or not? Explain why you've made this choice.</b>	

# Worksheet 'Who to tell?'

Instructions: Think about your own situation and identify who to tell.

- Remember to:
- a. Brainstorm relevant people
  - b. Select the best choice

<b>Identify Who to tell</b>
<b>a. Write down relevant people and also write down why you want to tell them:</b>
<b>b. Select best choice (and explain why):</b>

# Worksheet 'When to tell?'

Instructions: Think about your own situation and decide When to Tell.

- Remember to:
- a. Identify appropriate moments
  - b. Identify specific circumstances
  - c. Choose the best moment and most appropriate circumstances

<b>Decide When to Tell</b>	
<b>A. Identify appropriate moments or situations during your study or internship:</b>	
<b>B. Write down in which specific circumstances (e.g. the presence of others/location etc.) you could disclose</b>	
<b>C. Choose the best moment and the most appropriate circumstances (and explain your choices)</b>	

# Worksheet 'What to tell?'

Instructions: Think about your situation and decide what you want to tell.

- Remember to:
- a. Assess your situation
  - b. Determine What you want to tell

<b>Formulate What to Tell</b>	
<b>a. Assess your situation:</b>	
I have the following mental health problem(s):	
This manifests itself in the following way:	
I have difficulty with (concerning academic achievements):	
But I am successful in/ with:	
I tell you this because:	
This would be helpful for me:	

>>> Continue on the next page

## Formulate What to Tell

### b. Determine What you want to tell:

Is everything that you wrote down under A relevant for the person to whom you want to disclose?

Do you want to tell everything or just a selection?

Write down exactly what you want to tell:

# Worksheet 'How to tell?'

Instructions: Think about your own situation and formulate how to tell.

- Remember to:
- a. Determine the means of communication (face to face, email, phone call)
  - b. Determine your tone of voice
  - c. Determine the structure of your message

<b>Formulate How to Tell</b>	
<b>A. How are you going to communicate (e.g. by phone, email or face to face) your message and why?</b>	
<b>B. What is going to be your tone of voice (e.g. (in)formal, neutral, happy etc.) ? Take the goal of your message into consideration.</b>	
<b>C. What will be the structure of your message?</b>	



# Checklist: Disclosing your mental health problems

Instructions: You could use this checklist when you are practicing with disclosing, or when disclosing your mental health problems did not went well, in order to identify what went wrong or could go better. You can indicate which steps and behaviours you have performed, and you can reflect on this in the right column (comments).

<b>Disclosing your mental health problems</b>	<b>Yes</b>	<b>No</b>	<b>Partial</b>	<b>Comments</b>
1. Choose Whether to Tell				
a. Identify benefits b. Identify disadvantages c. Compare and rank benefits and disadvantages d. Make a choice				
2. Identify What you want to Tell				
a. Assess your situation b. Determine What you want to tell				
3. Identify Who to Tell				
a. Brainstorm relevant people b. Select best choice				
4. Identify When to Tell.				
a. Identify possible moments/ specific situations and circumstances b. Choose best moment/ situation and circumstances				
5. Formulate How to Tell				
a. Means of communication b. Tone of voice c. Structure of the message				

## More information

Interesting information about studying with mental health problems can be found at the following website of the Innovation and Research Centre for Rehabilitation of the Hanze University of Applied Sciences Groningen:

[www.supportededucation.eu](http://www.supportededucation.eu)

[www.begeleiden.nl](http://www.begeleiden.nl)

One of the research and innovation themes of the Research and Innovation Centre for Rehabilitation is Supported Education. The Centre develops products and provides information to young people, clients, family members, teachers and practitioners about studying with mental health problems.

