

BEST PRACTICES - BELGIUM - SOCIALISTISCHE MUTUALITEITEN



Like the other mutuals, Socialistische Mutualiteiten reimburses psychological help in their complementary insurance.

Additionally, they have organised a **campaign** called [#ikbenik](#), the goal of which is to offer tips about mental health. It does so by providing practical tips, information and exercises. It also provides a number of self-help modules, which do not require guidance from a professional.

It is possible for affiliates to start the module at home, on their own and at their own pace.

Currently the **self-help modules** cover the following topics: coronastress, worrying, sleep, work stress, self-image, and chronic diseases. They are created by mental health professionals. Their content is based on insights from different scientific theories and movements, such as positive psychology, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy and mindfulness.

