



## The start of the SUPER project

**Our slogan: Better digital tools for mental health care across Europe.**

As the start of our project, we organized a wonderful event in Amersfoort together with Task Force Health Care and Health Holland. We would like to thank all attendees, both live and online, for their feedback and interesting discussions! Were you unable to attend or would you like to watch the kick-off again? You can watch it via [this link](#).

During the kick-off, a number of questions were answered by various attendees. In the first one we asked [Joris Swaak](#) why co-creation creates better outcomes in digital mental health.

Are you curious for more of these videos? During the project we will share these on our website, LinkedIn and in this newsletter.



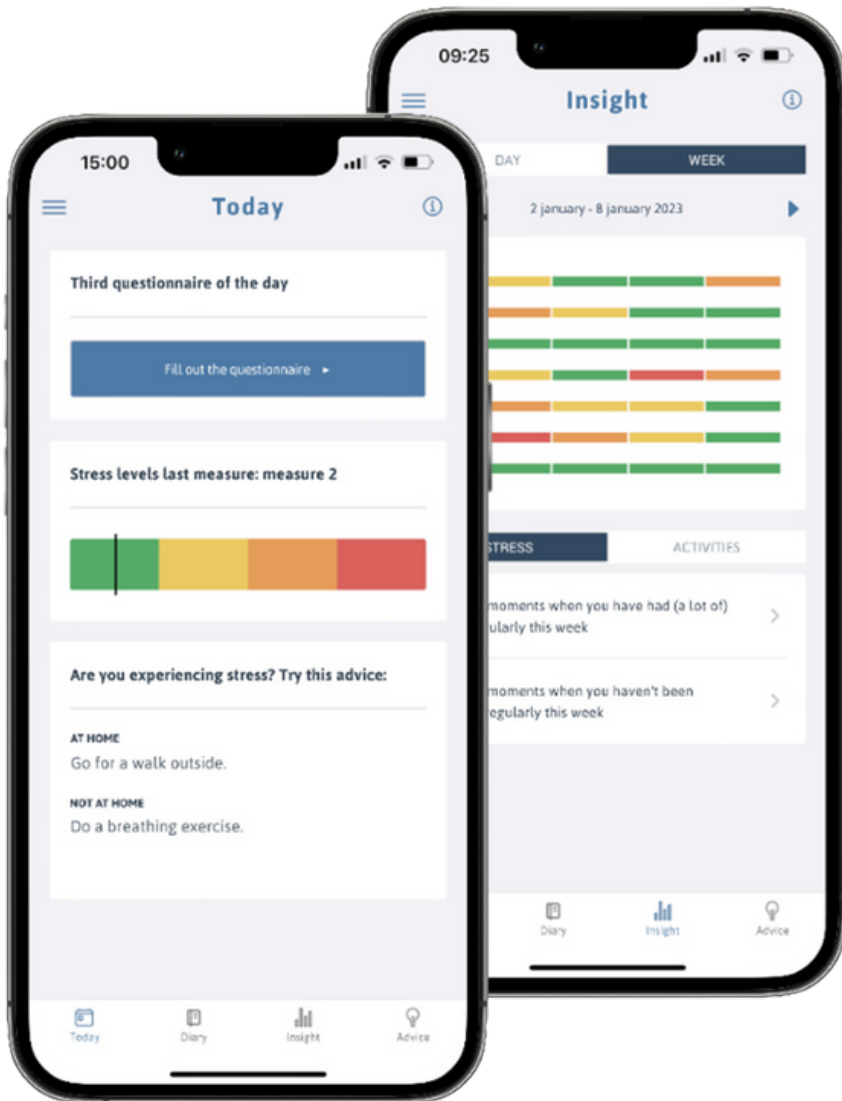
Click on the photo to watch the video



After the public event, we met up with our Interreg North Sea region representatives for a formal meeting, after which we put our heads together to plan all the necessary steps of the project. We also agreed to keep everyone who's interested in our project posted as the project continues, so we hope that you enjoy reading this first edition.

OCTOBER 2023

# The SUPER update



## Experts wanted!

At the moment already more than 50 experts are taking part of our SUPER expertpool. They are willing to invest a max of 3 hours over the course of 18 months.

➔ Interest to join as an expert?  
Send an e-mail to  
[sam-stapp@ggzcentraal.nl](mailto:sam-stapp@ggzcentraal.nl)



The **Stress Autism Mate (SAM)** is a personalized application that supports the self-management of the client with an autism spectrum disorder in dealing with the daily stress experienced.

Get a first impression of the SAM app, which will be adapted and tested in Denmark. For more information go to [www.stressautismmate.nl](http://www.stressautismmate.nl)

## Contact us



[WWW.INTERREGNORTHSEA.EU/SUPER](http://WWW.INTERREGNORTHSEA.EU/SUPER)



[SAM-STAPP@GGZCENTRAAL.NL](mailto:SAM-STAPP@GGZCENTRAAL.NL)



[SUPER IN DIGITAL MENTAL HEALTH](#)