


Vet gezellig!

Duration:	-	No time indicated
Number of players:	From 1	player/s of teams
Materials/ Tools needed:	Cards (there is a special junior set)	
Publisher:	Vet Gezellig	
Game Designer:	Vet Gezellig	
Language	Dutch	
Links:	https://shop.aanstokerij.be/644-gek-van-mezelf-.html	
Type of game:		Main topic:
<input type="checkbox"/> board <input checked="" type="checkbox"/> card <input type="checkbox"/> role play <input type="checkbox"/> simulation <input type="checkbox"/> computer <input type="checkbox"/> Serious <input type="checkbox"/> Other		talking / thinking about mental health
Short description/ Goal of the game:		Image:
The "I make myself crazy" question game is an approachable way to start the conversation about mental health. The game contains 100 questions to get to know each other, in a different way, even better.		 <p>(from the website: https://shop.aanstokerij.be/644-gek-van-mezelf-.html)</p>
Educational value/ Learning Objectives:		
<ul style="list-style-type: none"> Talking helps! By opening up about our mental health, we connect with others. It makes us feel understood and less lonely. It feels nice to be able to share your concerns with another person. These cards can be used as a conversation starter. 		

Recommendations for use:

- Playing the game on your own can give you great insight into your thoughts and feelings. This is valuable because when you can better articulate yourself, others can better help you as well.
- If you want to play the game together, this is possible for 2 people or more. Play the game together with a friend, parent, social worker or, for example, your partner. The game is also suitable for larger groups, such as therapeutic groups and groups of friends.
- A game leader or discussion leader can help the discussion and monitor the emotions in the group.