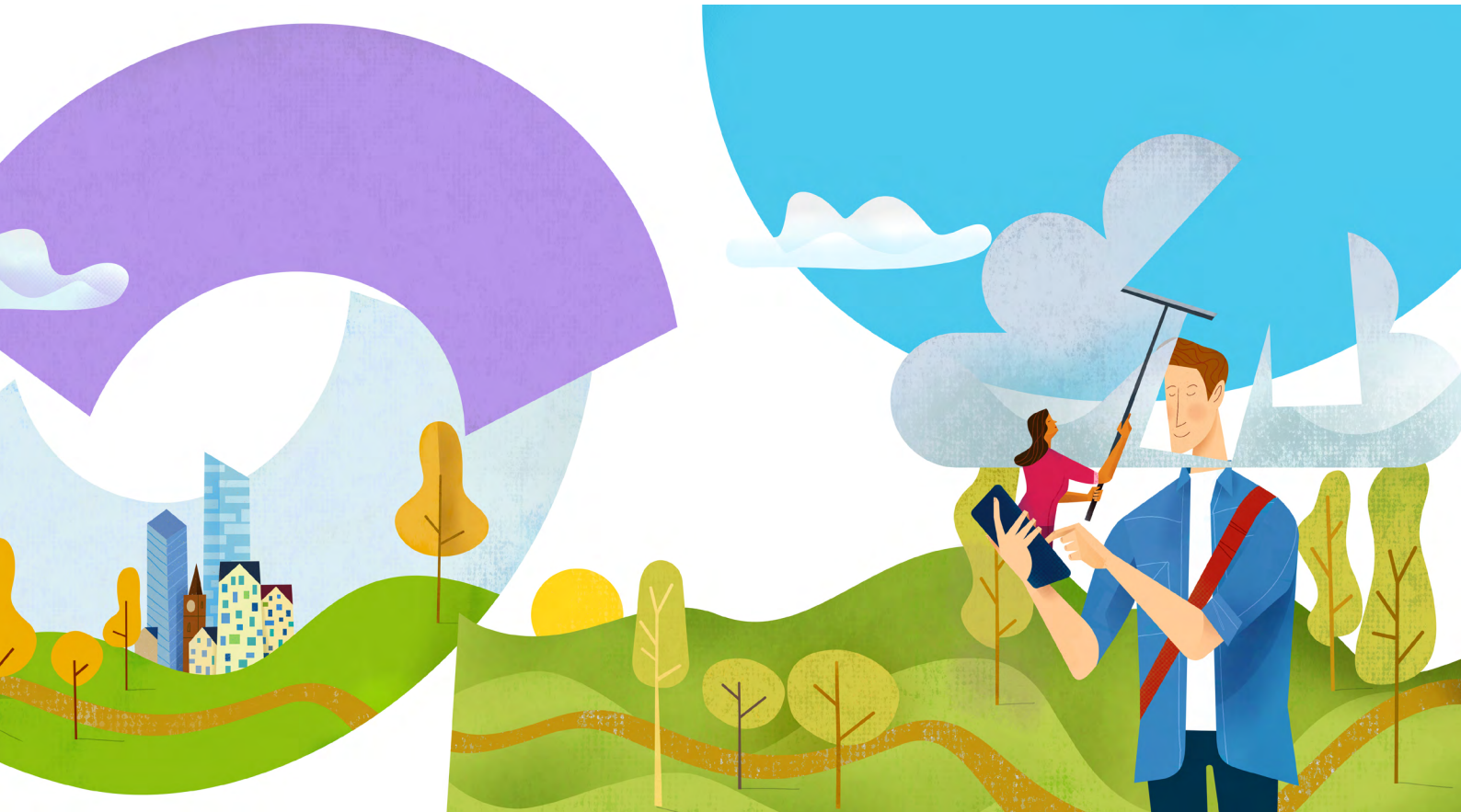


MindStep®

 **Remedy**
POWERED HEALTHCARE



More ups, fewer downs

MindStep®

Remedy Healthcare's **MindStep** service is tailored to your needs and you can access it via telephone at a time that suits you and in the privacy of your home.

MindStep has been designed for Australian lifestyles, and is based on a successful national mental health service in the UK. The results speak for themselves. 55% of people enrolled in **MindStep** recovered from their mental health condition and 76% saw a clinically significant improvement in symptoms.¹

Alternatively, with the support of a Remedy Healthcare **MindStep** coach you can take part in online Cognitive Behavioural Therapy (CBT) courses. A collection of practical online courses is available to help people better manage life's stresses, including:

- Managing Worry
- Anxiety and Low Mood
- Managing Insomnia
- Mindfulness

¹Flinders Human Behaviour and Health Research Unit. Remedy Healthcare IAPT service pilot program (the MindStep Service): evaluation report. September 2016.

- ✓ **MindStep** is an evidence based low-intensity guided self-help service for people with symptoms of either or both mild-to-moderate anxiety and depression, and is designed to run alongside any existing psychological care
- ✓ We utilise cognitive behavioural therapy strategies such as behavioural activation, graded exposure and relapse prevention
- ✓ At each appointment validated mental health symptom scores (PHQ9 and GAD7) are applied, with strict risk protocols and psychological supervision in place to ensure client safety
- ✓ We seek consent from each client to send an update letter to their GP and psychological care team at the beginning and end of service

Get in touch. To find out more please call 1800 322 278 or email mindstep@remedyhealthcare.com.au

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