

**Why not join  
the many others  
who've taken  
the first step?**

To get started now visit  
[remedyhealthcare.com.au/signup](https://remedyhealthcare.com.au/signup)  
or call 1800 322 278.

**We look  
forward to  
meeting you.**

**more  
ups  
fewer  
downs**

Living with anxiety and depression isn't easy.

At Remedy Healthcare MindStep we understand this. And we're here to help.

fatigue

pain

loss of motivation

**MindStep** is a six-week phone-based program, designed to support you when and where you want. You'll be supported by a dedicated mental health coach who is trained to empower you with practical strategies and tools so you can better manage your mental health. Everyone's different, so we get to know you as an individual first, then tailor your program for the best results.

## Practical

Remedy Healthcare's **MindStep** is tailored to your needs and you can access it via telephone while receiving care from your GP, psychologist or psychiatrist. All at a time that suits you and in the privacy of your home.

- ✓ Learn how to identify and replace unhelpful thoughts and behaviours
- ✓ Take steps to conquer your fears and manage anxiety in practical, achievable ways
- ✓ Overcome feelings of isolation, sadness and low self-esteem
- ✓ Stress management techniques
- ✓ Relapse prevention strategies and resilience building tips

trouble sleeping

stress

## Proven

**MindStep** has been designed for Australian lifestyles, and is based on a successful national mental health program 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.<sup>1</sup>

<sup>1</sup>Flinders Human Behaviour and Health Research Unit. Remedy Healthcare IAPT service pilot program (the **MindStep** Program): evaluation report. September 2016.

anxiety

low mood

emotional eating

**I'm already getting support for my mental health, can I still access MindStep?**

**MindStep** can be completed as a standalone telephone coaching program or together with other supports. A coach will discuss this with you to ensure **MindStep** is right for you.

**Will it cost me anything?**

No, participation in **MindStep** is provided at no additional cost by a number of insurers, corporate groups and organisations.

**What qualifications do the MindStep coaches have?**

**MindStep** coaches have all completed intensive training with Flinders University in low intensity cognitive behavioural therapy techniques. All coaches also receive regular supervision by qualified mental health professionals from Flinders University to support a high quality service.

**I'm feeling good at the moment; is it worth using this service now?**

Yes! In addition to gaining skills to manage low mood, anxiety and stress, your coach can help you set up strategies so you can continue to feel well and recognise the signs of relapse.

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# we're on your team

