



We can all become anxious and depressed at various times in our life, and this can start to affect how we function and cope. The Next Step Low Intensity program can help you work through difficult times in your life that impact the way you function day to day.

What is Next Step Low Intensity?

Next Step Low Intensity is a free and confidential psychological support service which helps you access the best type of mental health support to meet your individual needs. Next Step Low Intensity is delivered by coaches who have been trained to deliver low intensity psychological therapy – Next Step coaches are not counsellors or psychologists.

How does Next Step work?

Next Step is a short term intensive program that uses a Cognitive Behavioural Therapy (CBT) approach to help you work through problems you may be experiencing in your life. It is a form of guided self-help and offers practical strategies to help you work through problems such as mild anxiety, depression and day to day life stress. At the first appointment, a coach will complete an assessment, your next step coach will complete an assessment with you and develop a program to meet your individual needs

How many sessions can I have?

You can access up to six sessions through the Low Intensity Next Step program. These can be delivered in person or over the phone. If you find that you need more than this number of sessions you can speak with your coach about the other options available to support your mental health.

How do I access Next Step?

To be eligible for Next Step you need to:

- be over 18 years of age
- live, work or study in the ACT
- be experiencing mild to moderate depression and/or anxiety, or experiencing stress that is impacting your life
- not currently accessing other psychological intervention services

To speak with a member of our team about the program or to *Self-Refer* please:

Phone **(02) 6287 8066** (during business hours). Alternatively, you can speak with your GP about the Next Step Program or visit www.next-step.org.au for more information.

Next Step seeks to use the least intensive method of care first. We will work with you and together decide what help and support you may need. There is no charge for the Next Step program

Please Note: Next Step is not a crisis service. If you need emergency assistance please contact emergency services on 000 or the Crisis Assessment and Treatment team on 1800 629 354