

StepCare Service

# Tools for positive wellbeing.

To help with our patients' overall wellbeing, we are using the StepCare Service.

As the first step, your GP would like you to spend a few minutes before your appointment answering some questions about your wellbeing. You can then talk with your GP about the results during your appointment.



Seeking help?

Call **LIFELINE** on **13 11 14**

Call **BeyondBlue** on **1300 22 4636**

Call **Mental Health Line** on **1800 011 511**

You can also access online mental health tools at:

[headtohealth.gov.au](http://headtohealth.gov.au)

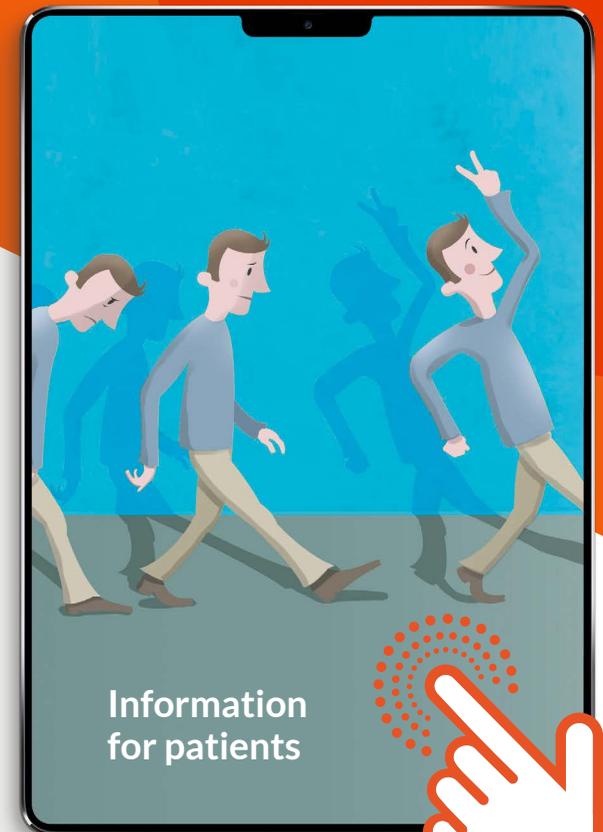
[blackdoginstitute.org.au/online-tools](http://blackdoginstitute.org.au/online-tools)

The Black Dog Institute is a world-class medical research institute focused on mental health, suicide prevention and e-mental health research.

[blackdoginstitute.org.au](http://blackdoginstitute.org.au)

StepCare Service

# A positive step towards wellbeing



A mentally healthier world at your fingertips.

StepCare Service

# Why should I be involved?



It's not always easy to talk about how you are feeling. The StepCare Service is designed to help you and your doctor chat about how you are feeling and identify ways to support your overall wellbeing.

While it's very normal for people to feel stressed or low at times, StepCare can pick up if there are more worrying signs and help you and your GP set some goals together. If you're feeling emotions such as sadness, worry, or loneliness, or if you're not coping with problems or just not finding joy in life, StepCare will help you talk with your GP and work out, as a team, the right steps to put into practice to enhance your wellbeing.

"Often people who are feeling down don't act on it. [StepCare] brings it to the forefront and encourages them to say something to their GP."

StepCare patient

## The steps involved

### Step 1:

Answer a few questions on a mobile tablet. It should only take 4 to 5 minutes. It's also fine if you'd rather not.

### Step 2:

Discuss your results with your GP. You can decide together what action is needed, if any.

### Step 3:

Track your wellbeing over time by answering a few questions each fortnight via email or SMS. This will allow your GP to check in on your progress. If you don't want to do this, you can unsubscribe at any time.

If you'd like to know more about StepCare, please ask your GP.