

StepCare Service

# Wellbeing put into practice

I like that it [StepCare] is unobtrusive - that it gives the GP an opportunity to have the discussion that may not have otherwise happened. That the patient has the opportunity to access tools that may help early on before it gets to crisis point.

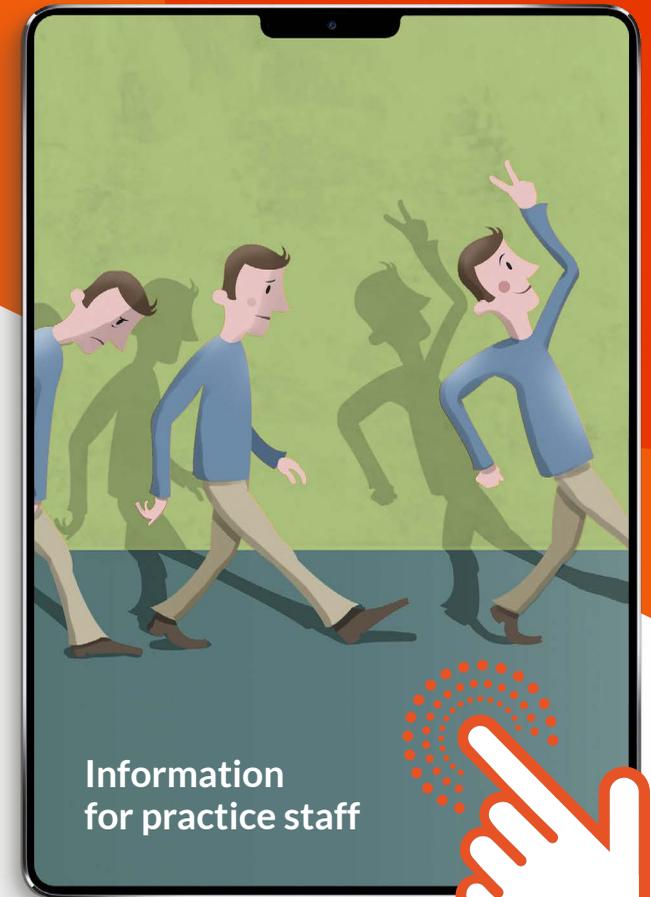
Practice Receptionist



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**StepCare Service | Black Dog Institute**  
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A few clicks away from a mentally healthier world.

# Welcome to StepCare

To enhance the way general practices provide mental health and wellbeing care for your community, the StepCare Service is being used in your region.

## Why should your practice be involved?

The StepCare Service is an evidence-based screening tool, designed specifically by Black Dog Institute for general practices like yours, to identify and offer treatment for patients with mental health symptoms.

Training will be provided to GPs and practice staff along with resources and promotional materials. You will receive ongoing support from Black Dog Institute.

Potential advantages for your practice include the opportunity for your practice to provide more holistic, patient-centred care, as well as evidence of quality improvement for accreditation.



# The steps involved

## Step 1:

Patients fill out a short screening questionnaire on a mobile tablet in the waiting room. General feedback is displayed on the tablet at the end. It should only take 4 to 5 minutes. They have the right to say no.

## Step 2:

Patients can then discuss the results with their GP as part of their appointment and talk about treatment options should any concerns arise.

## Step 3:

Patients can do follow-up screening surveys via email or SMS every fortnight for 18 weeks. They will receive general feedback and crisis numbers, and their results will be sent to their GP's inbox, allowing their progress to be tracked and their treatment adjusted if needed.

If you'd like to know more about StepCare:  
[www.blackdoginstitute.org.au/StepCare](http://www.blackdoginstitute.org.au/StepCare)