

StepCare Service

Wellbeing put into practice

The StepCare Service provides GPs with:

- Patient screening results
- Treatment recommendations matched to the severity of symptoms
- Conversational prompts to use when discussing results with your patients
- Fortnightly follow up screening for 18 weeks completed by your patients with results sent to you



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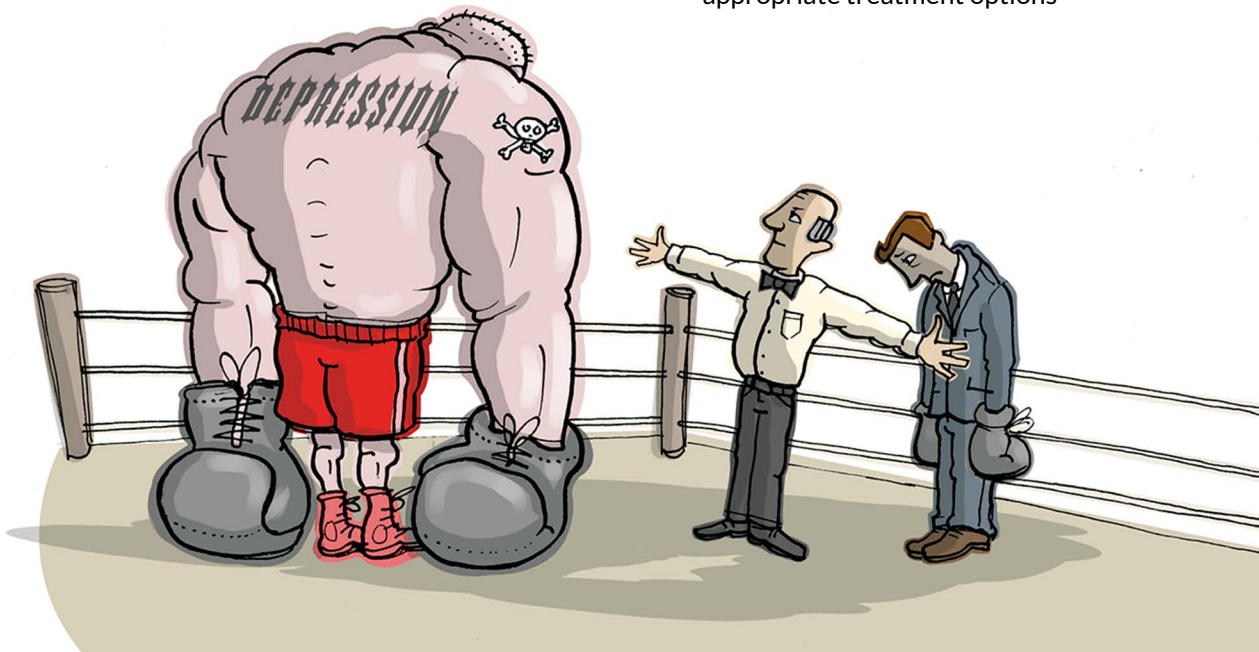
A few clicks away from a mentally healthier world.

Welcome to StepCare

The StepCare Service is an evidence-based e-mental health screening tool that can help you identify how your patient is tracking, by reporting any worrying signs of anxiety, depression and risky drinking. StepCare will help you agree on appropriate interventions together with your patient.

Benefits of StepCare:

- Shown to have high levels of acceptability with both patients and general practitioners
- Improves the efficacy of mental health care
- Clearly identifies patient symptoms
- Connects patients to e-mental health tools immediately
- Helps GPs and patients choose appropriate treatment options



The steps involved

Step 1:

Patients fill out a short questionnaire on a mobile tablet in the waiting room. It should only take 4 to 5 minutes. It's completely voluntary.

Step 2:

GPs receive the results immediately via secure messaging, allowing them to be viewed in the consultation and used to consider treatment options.

Step 3:

StepCare sends follow up screening surveys via email or SMS to patients with symptoms every fortnight for 18 weeks with results sent to your inbox, allowing you to track their progress and adjust treatment if needed.

If you'd like to know more about StepCare:
www.blackdoginstitute.org.au/StepCare