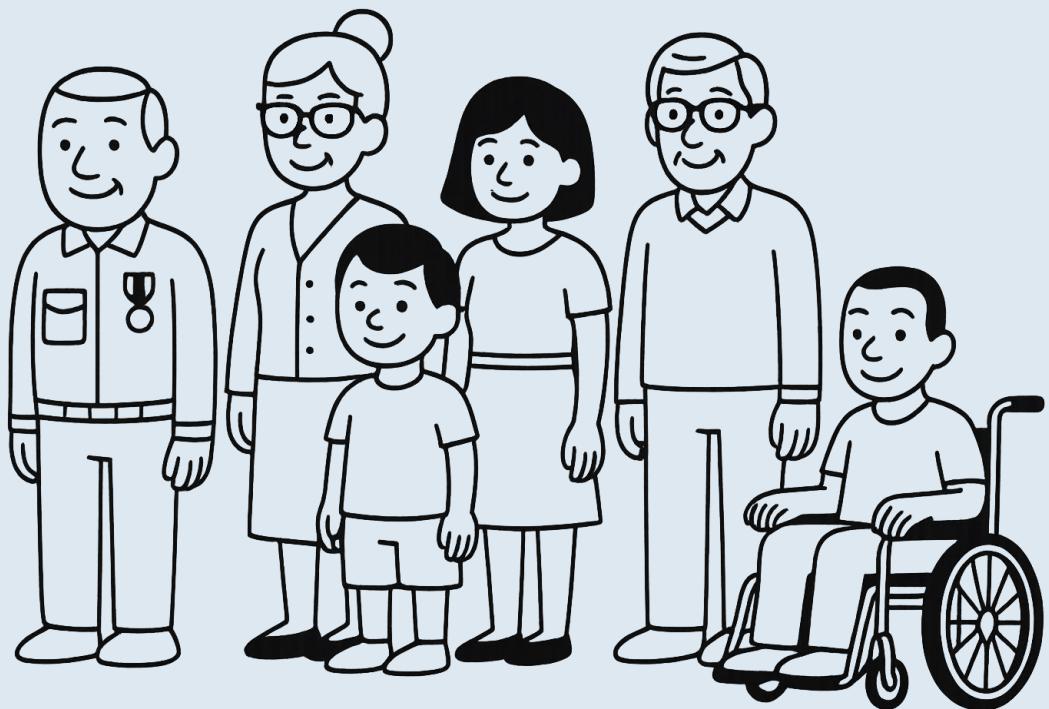


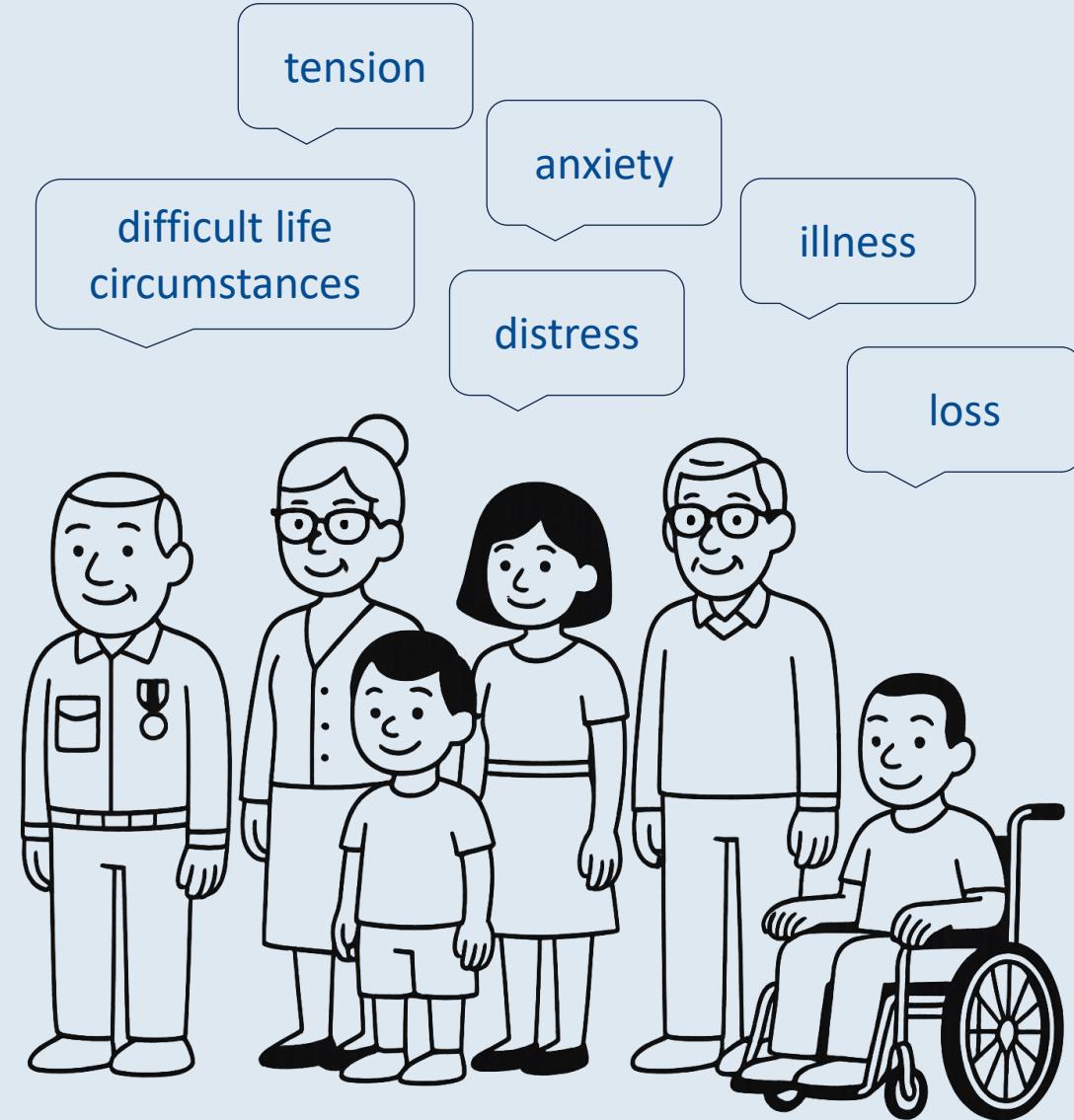
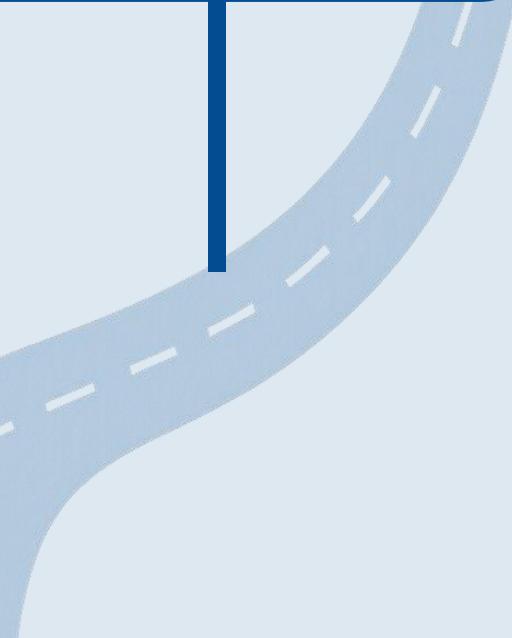
PSYCHOLOGICAL INTERVENTIONS

Doing What Matters
in Times of Stress

Self-Help Plus



PSYCHOLOGICAL INTERVENTIONS



tension

anxiety

illness

loss

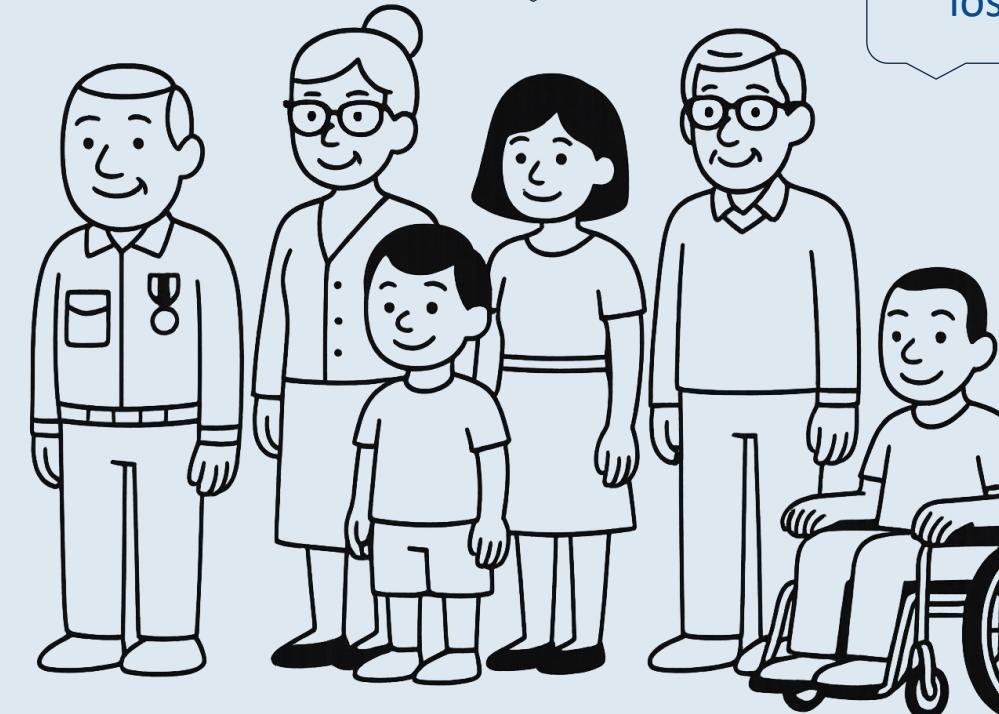
distress

difficult life
circumstances

FOR PROFESSIONALS

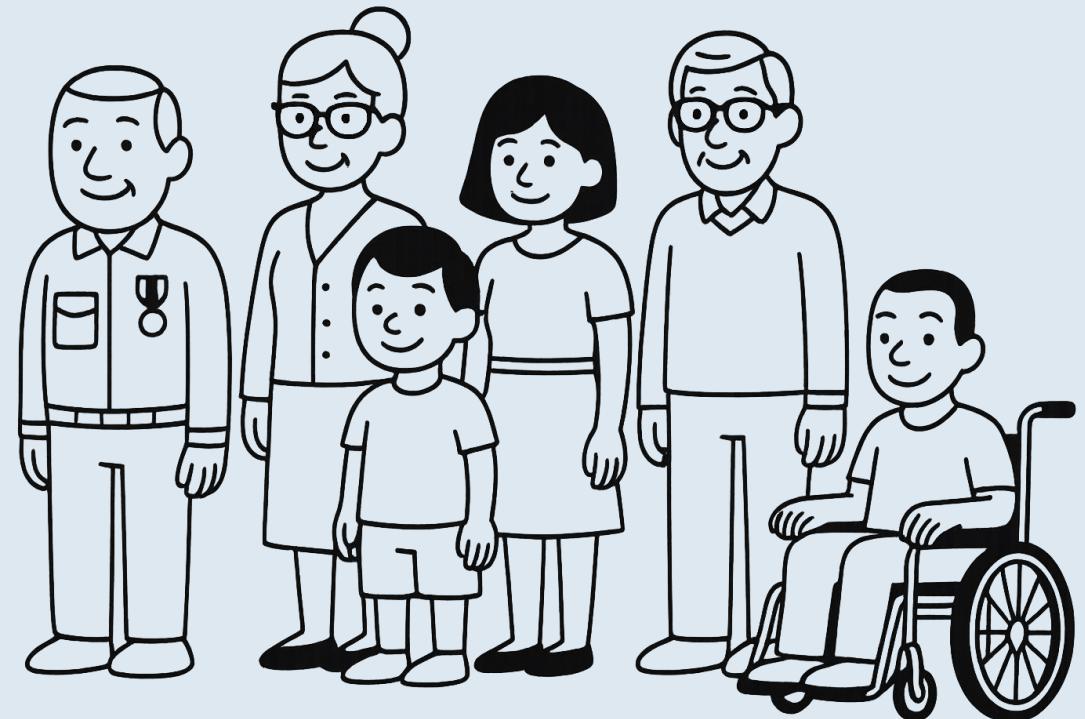


- ✓ **Structure and protocol**
- ✓ **Evidence-based approaches**
- ✓ **Professional support**
- ✓ **Organization**
- ✓ **Growth**



FOR INDIVIDUALS

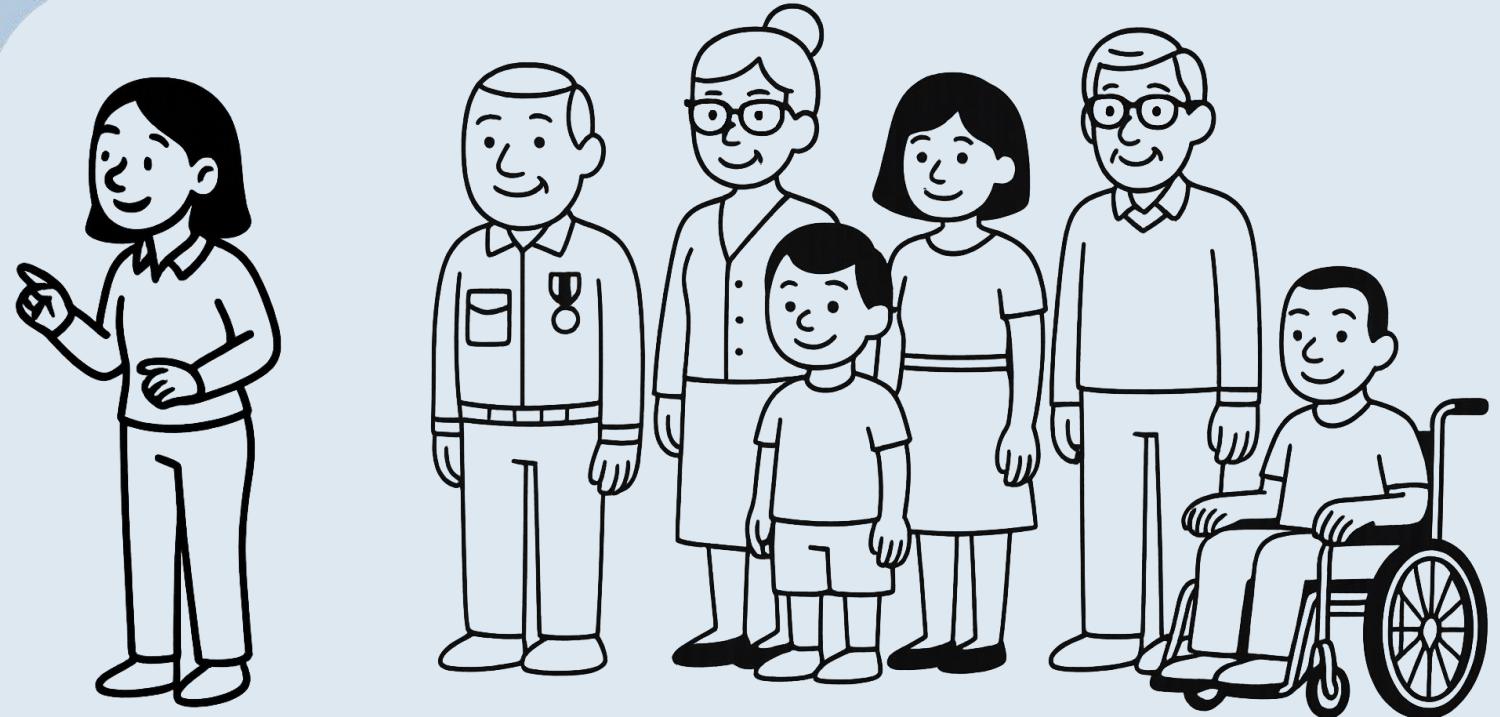
- ✓ Reduced anxiety and exhaustion
- ✓ Practical skills in difficult circumstances
- ✓ Belief in one's own abilities and hope
- ✓ Kindness towards oneself and others
- ✓ Return to an active life



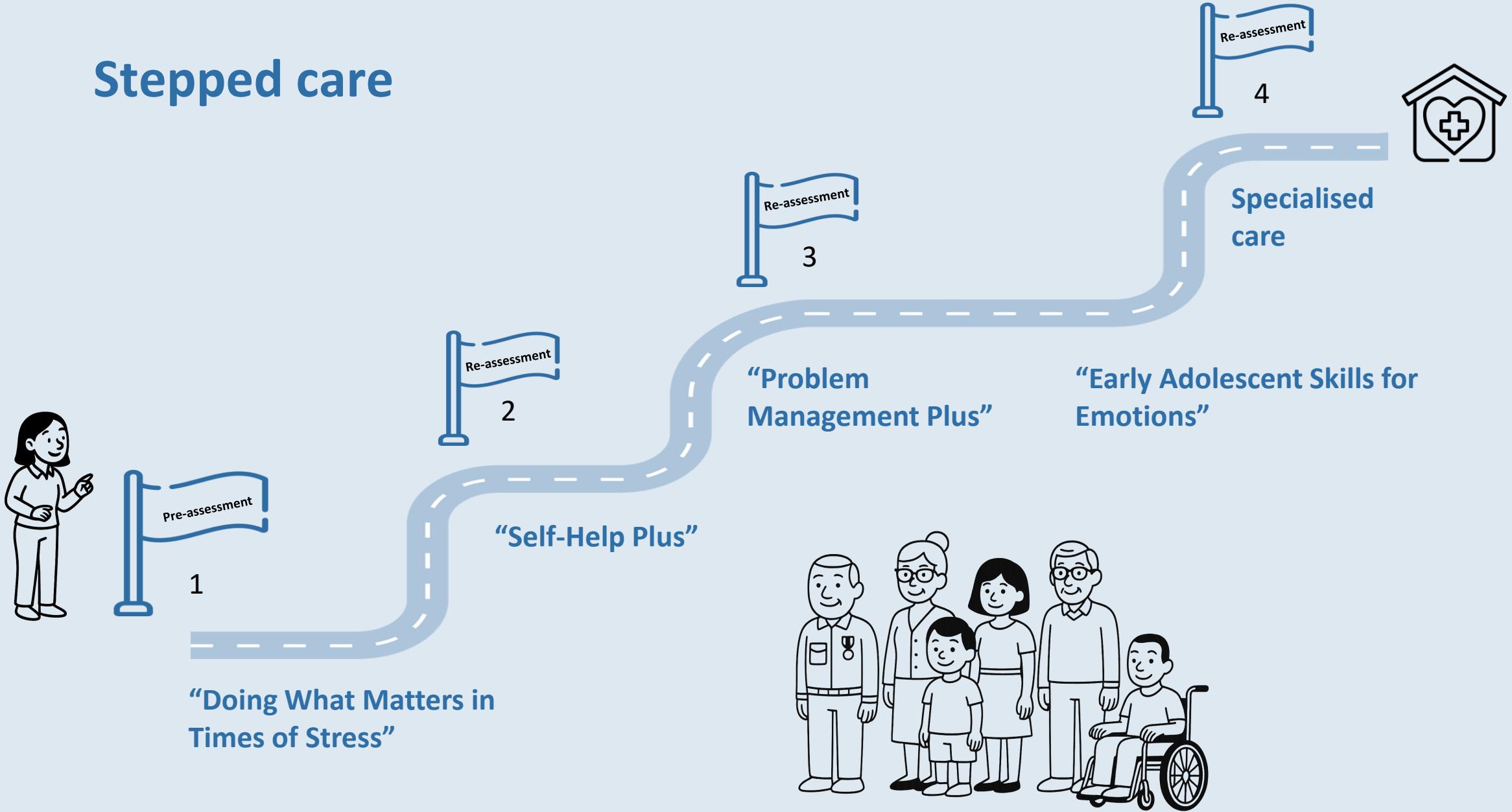
STEPPED CARE

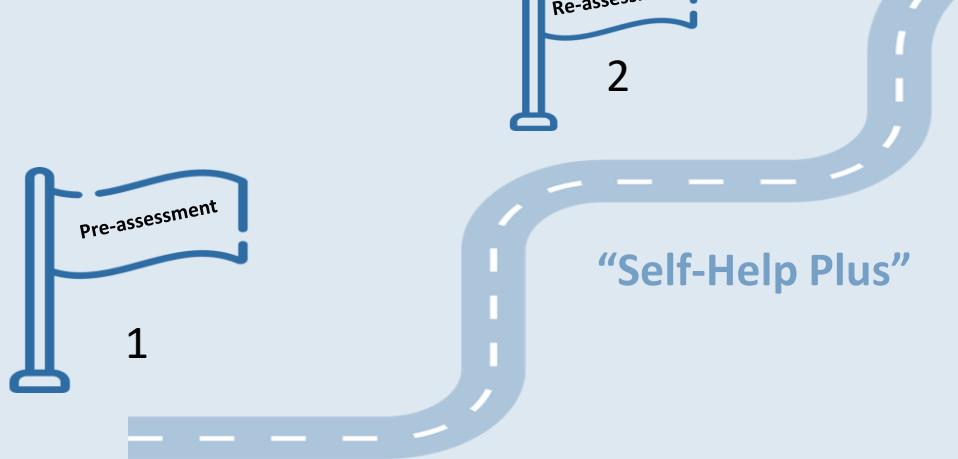
Doing What Matters
in Times of Stress

Self-Help Plus



Stepped care





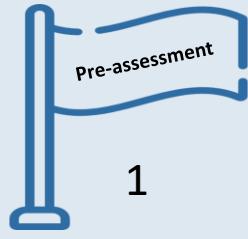
“Problem Management Plus”

“Early Adolescent Skills for Emotions”

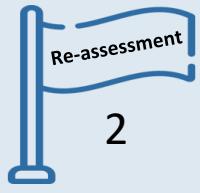
“Doing What Matters in Times of Stress”



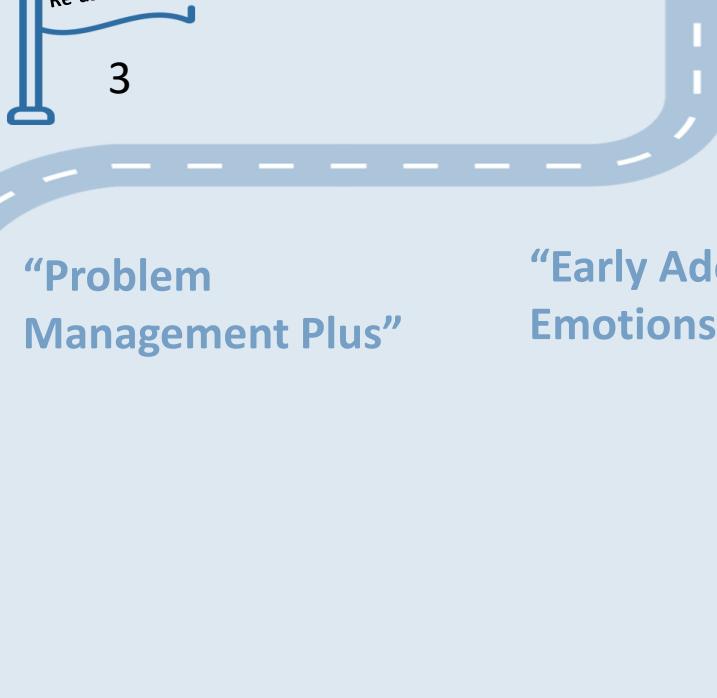
Brief individual exercises that help quickly calm down, regain control, and restore stability here and now



“Doing What Matters in
Times of Stress”



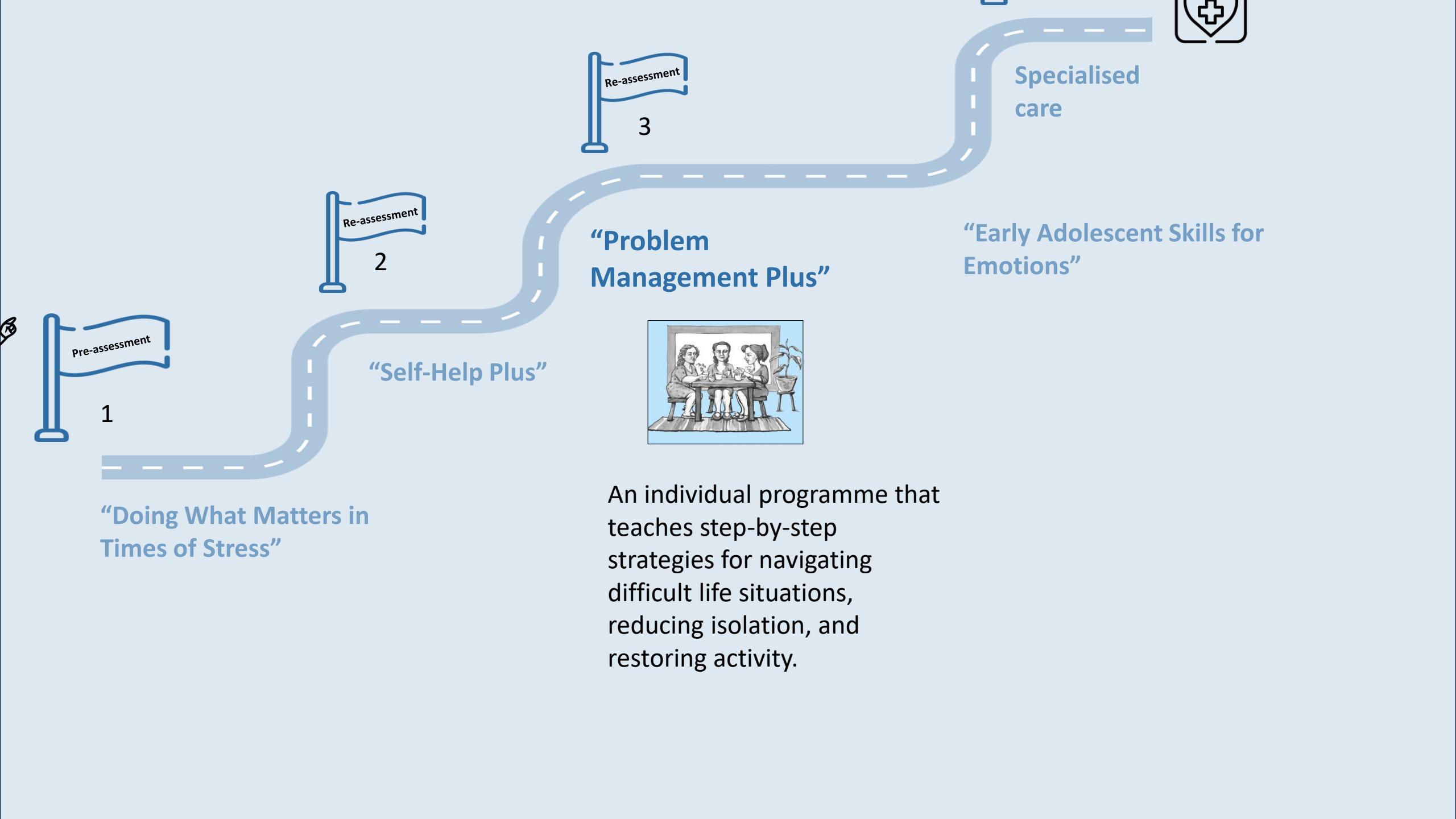
“Self-Help Plus”



“Early Adolescent Skills for
Emotions”

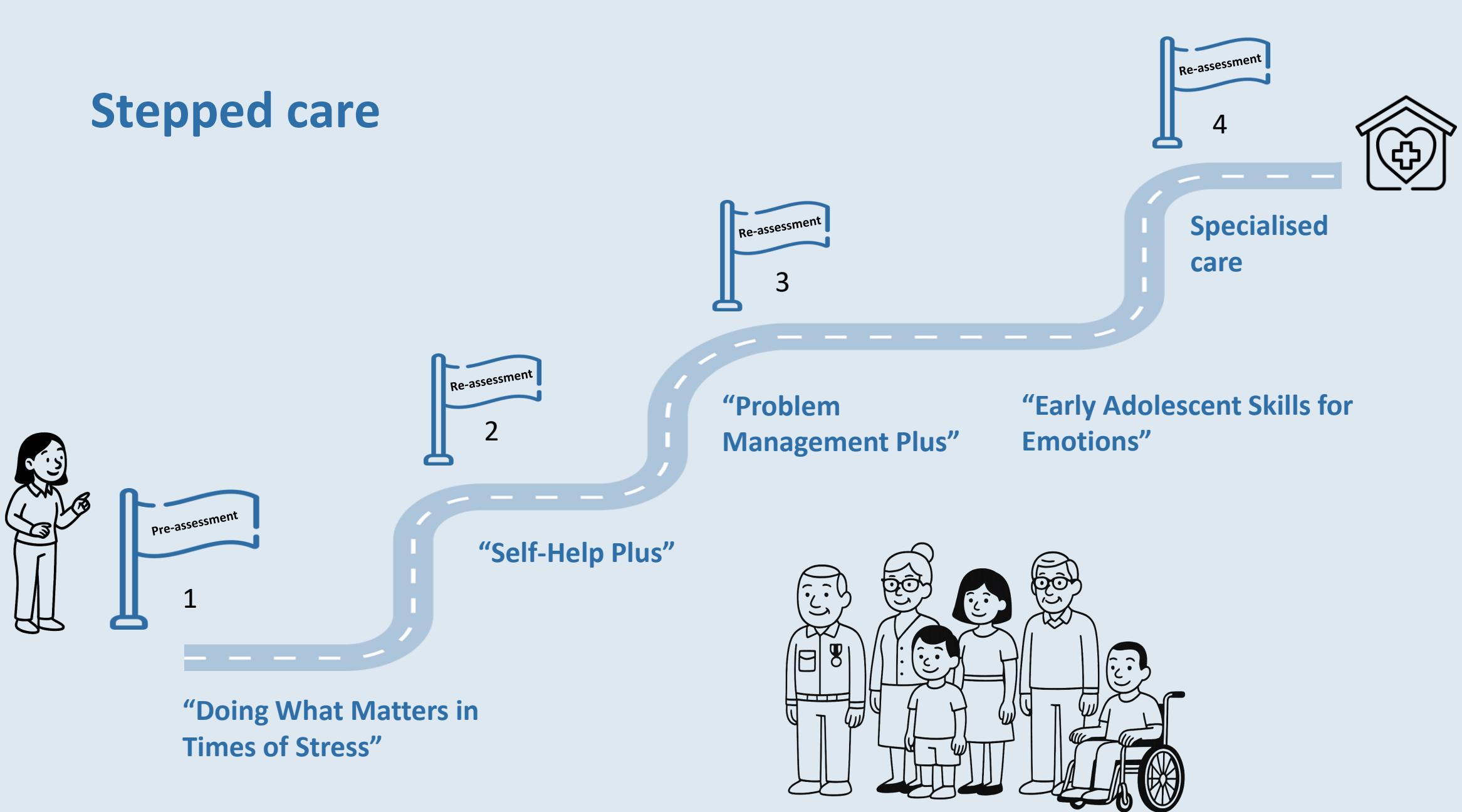
A group-based course offering hands-on techniques for managing stress. Participants learn to stay grounded in the moment, shift away from distressing thoughts, and take value-driven action.

Specialised
care





Stepped care



Scalable Psychological Interventions Task Team



A daily self-care practice

