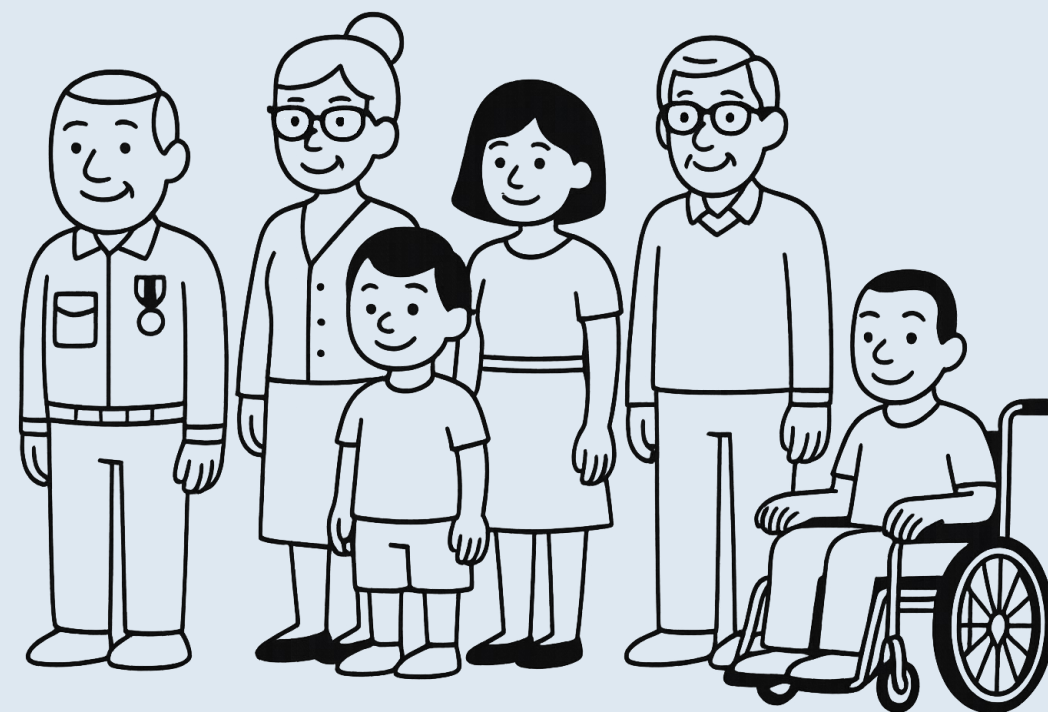


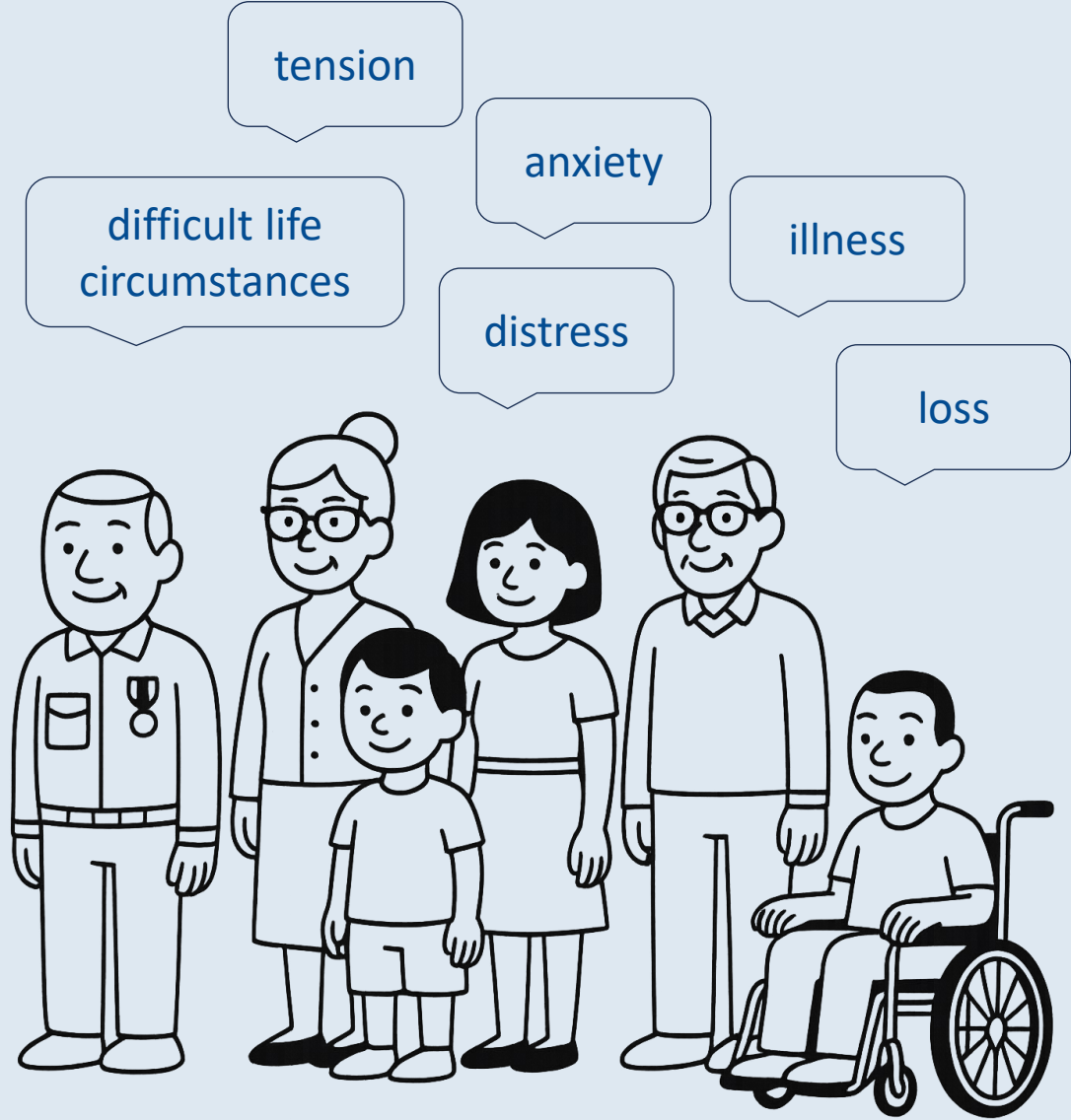
PSYCHOLOGICAL INTERVENTIONS

Doing What Matters
in Times of Stress

Self-Help Plus



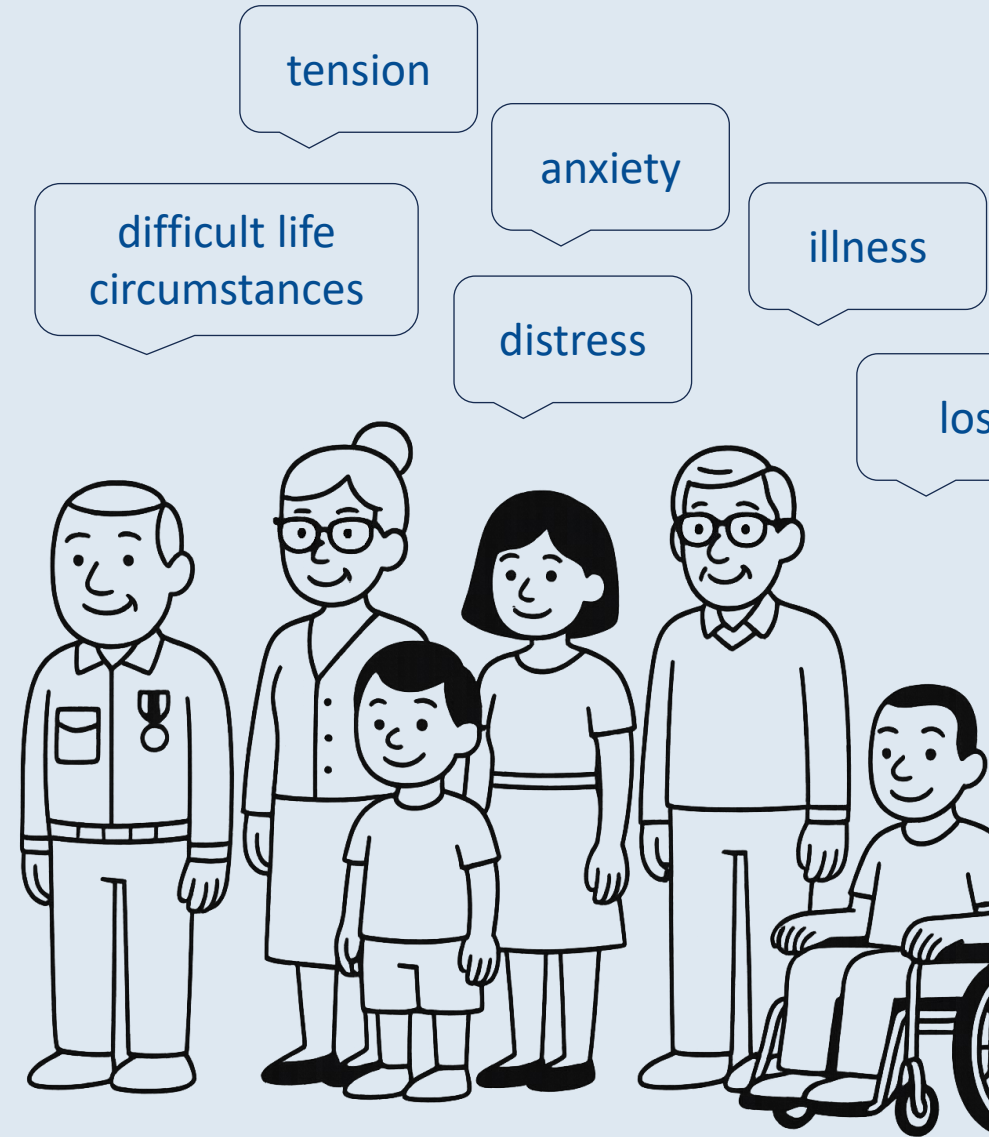
PSYCHOLOGICAL
INTERVENTIONS



FOR PROFESSIONALS

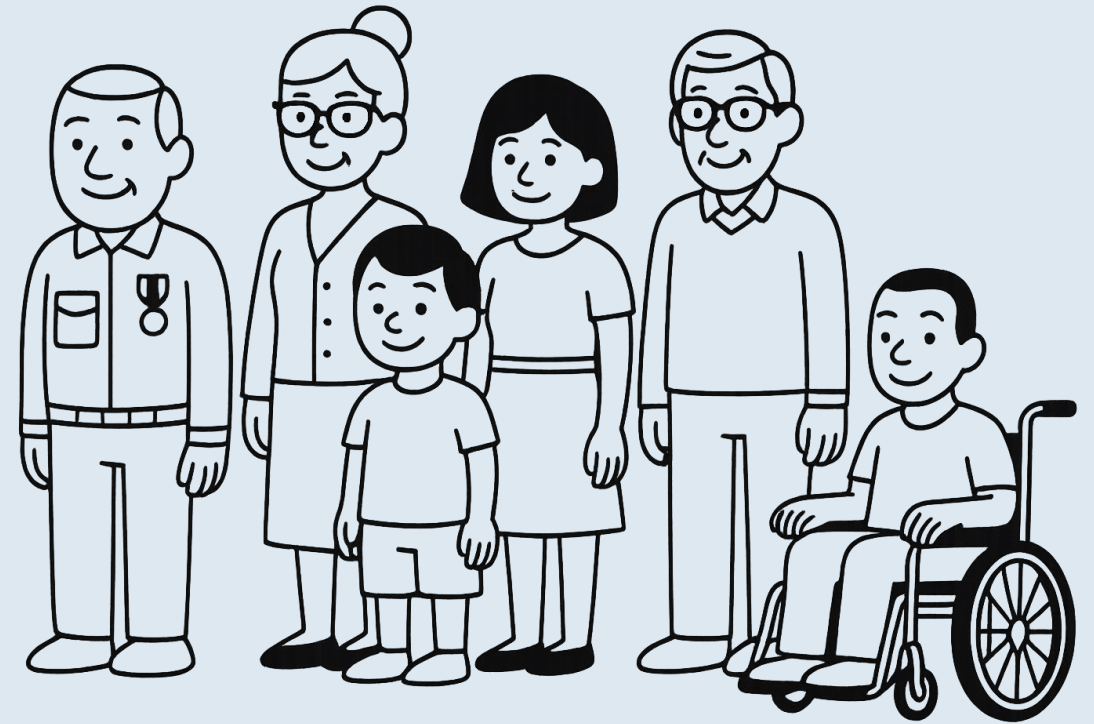


- ✓ Structure and protocol
- ✓ Evidence-based approaches
- ✓ Professional support
- ✓ Organization
- ✓ Growth



FOR INDIVIDUALS

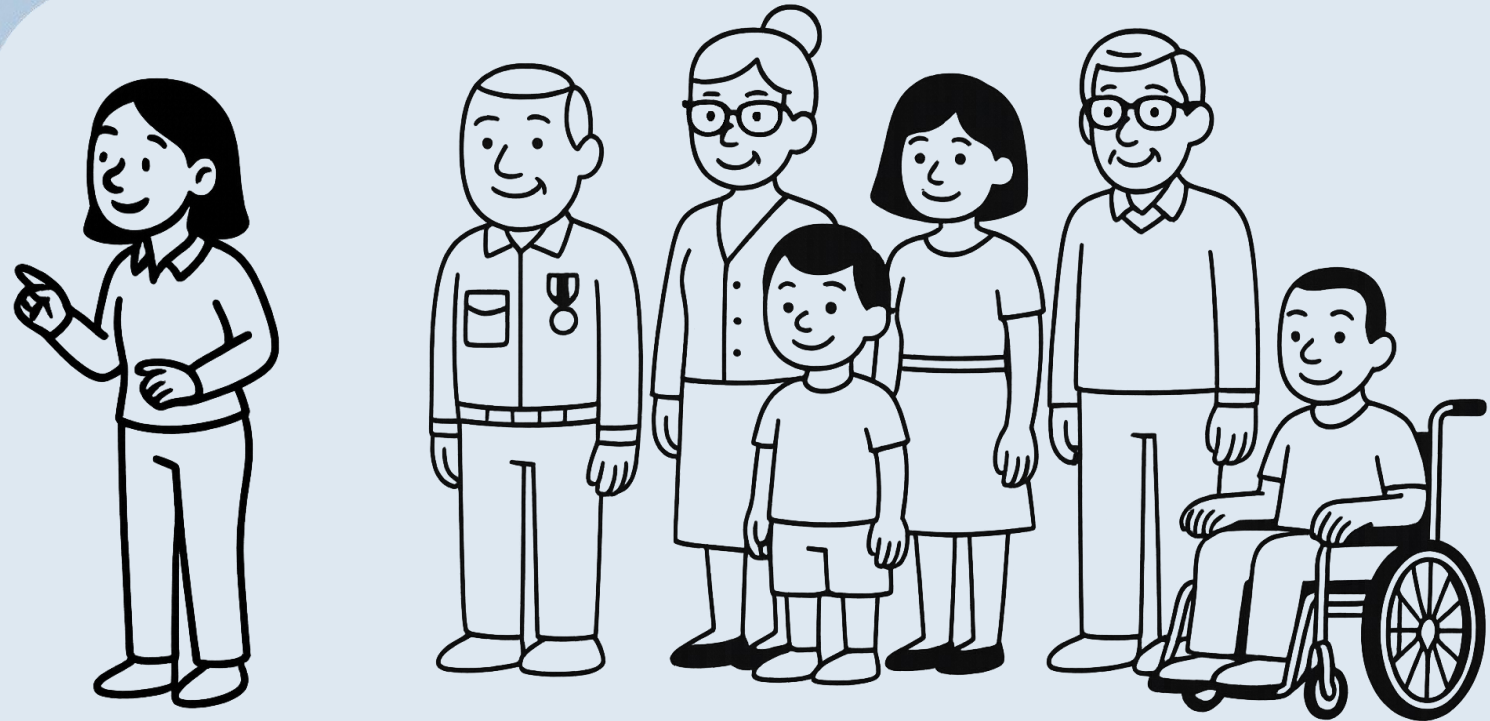
- ✓ Reduced anxiety and exhaustion
- ✓ Practical skills in difficult circumstances
- ✓ Belief in one's own abilities and hope
- ✓ Kindness towards oneself and others
- ✓ Return to an active life



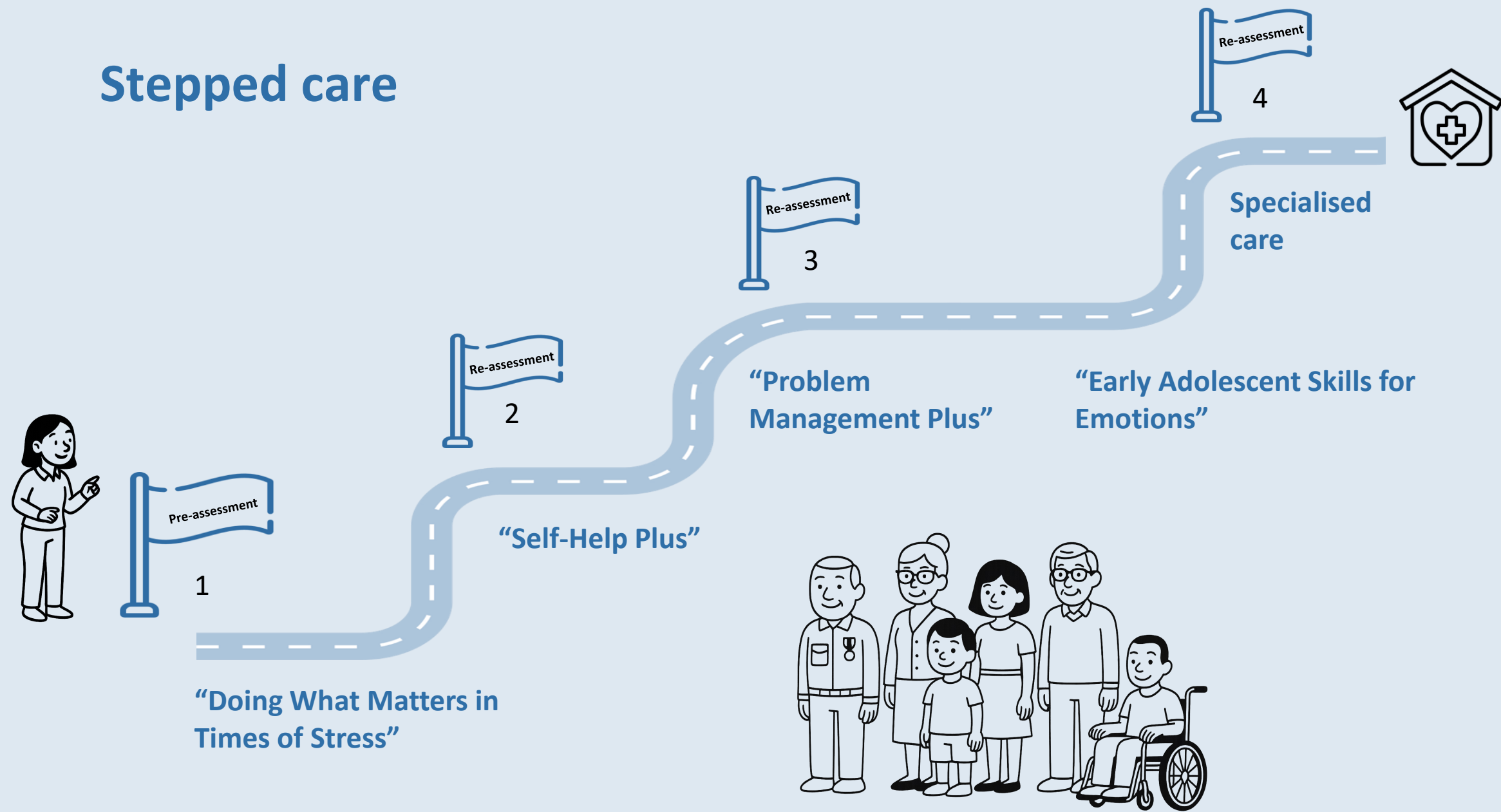
STEPPED CARE

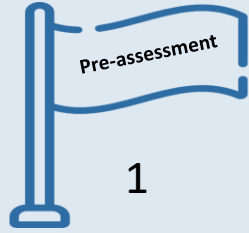
Doing What Matters
in Times of Stress

Self-Help Plus



Stepped care





“Self-Help Plus”

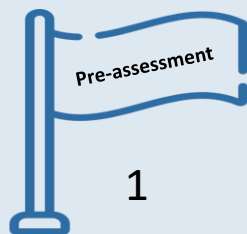
“Problem Management Plus”

“Early Adolescent Skills for Emotions”

“Doing What Matters in Times of Stress”



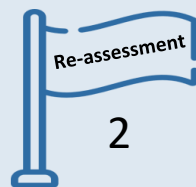
Brief individual exercises that help quickly calm down, regain control, and restore stability here and now



“Doing What Matters in Times of Stress”



“Self-Help Plus”

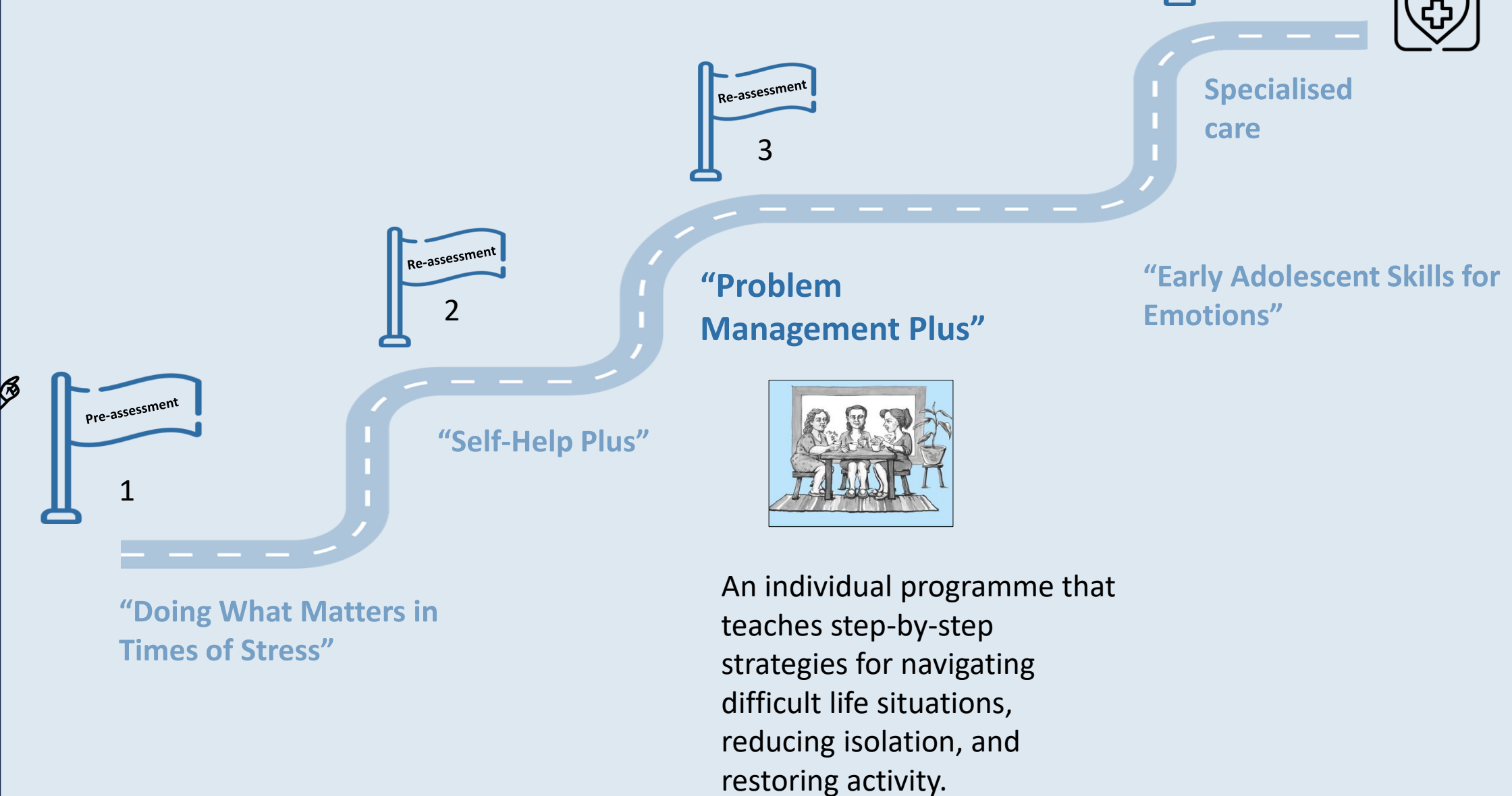


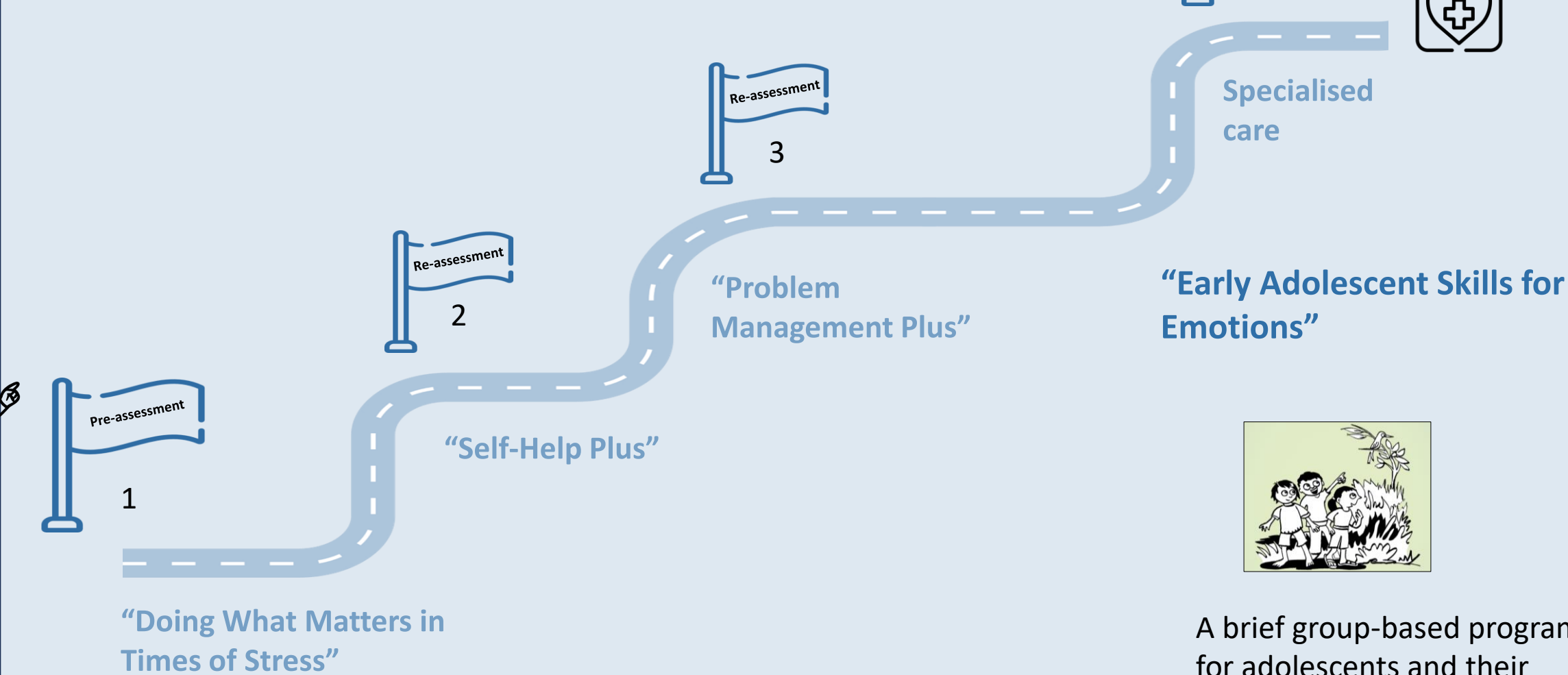
“Problem Management Plus”



“Early Adolescent Skills for Emotions”

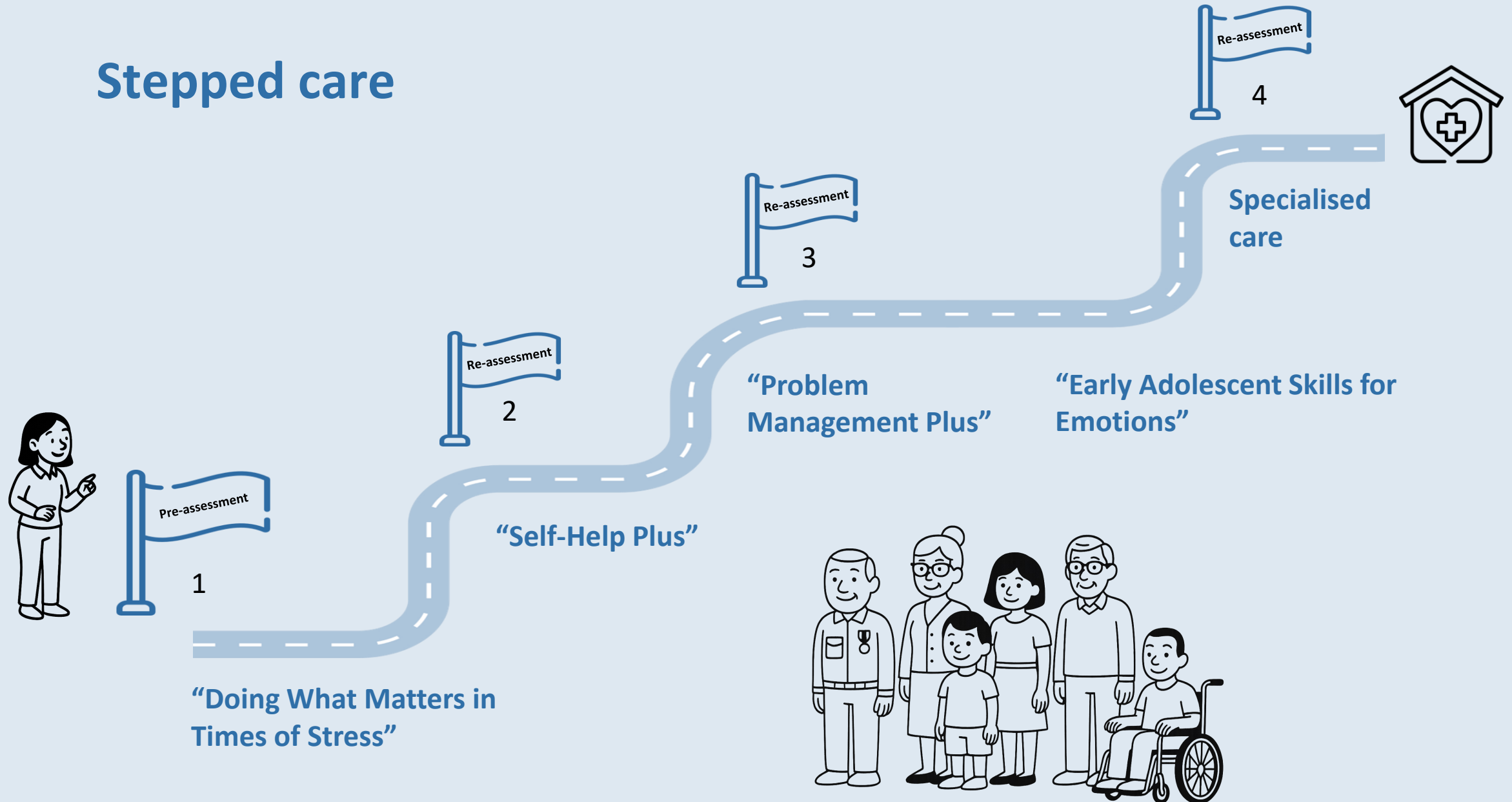
Specialised care





A brief group-based programme for adolescents and their parents. It fosters emotional awareness, self-support, and communication skills, helping to reduce anxiety and distress.

Stepped care



Scalable Psychological Interventions Task Team



A daily self-care practice

