





Steps to good wellbeing

Find out more

Free service

Through a supportive, working relationship, your Wellbeing Coach will help you identify the steps to good wellbeing and develop strategies to achieve them.

-  **Recognise when something is not right**
Learn to look for early signs of stress, anxiety or depression.
-  **Work out what needs to change**
Explore and gain clarity on your thoughts, feelings and experiences.
-  **Get things under control**
Find new strategies to manage stress and improve wellbeing.
-  **Get on with life**
Identify internal and external supports and resources to draw on during times of stress.*

* These four steps to wellbeing are based on research published by researchers at the Monash University Department of Occupational Therapy. See: White, C, Lentin, P & Farnworth, L 2016, 'Multimorbidity and the process of living with ongoing illness', *Chronic Illness*, vol. 12 no. 2, pp. 83-97.

To discuss the service, make a referral or to learn more, contact us.

Neami Steps to Wellbeing

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stepstowellbeing@neaminational.org.au
www.stepstowellbeing.org.au

Please do not send identifying or confidential health information via email.

About Neami

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their strengths, values and goals.

Our vision

Full citizenship for all people living with a mental illness in Australian society

Our mission

Improving mental health and wellbeing in local communities

www.neaminational.org.au



Contact us for interpreter services and translations.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

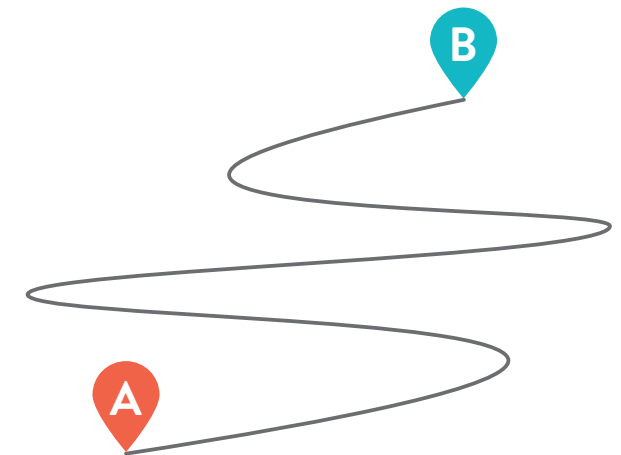
Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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Steps to Wellbeing

A free service supporting you to manage stress, anxiety and improve wellbeing

stepstowellbeing.org.au



This service is supported by funding from the Australian Government under the PHN Program

Improve your wellbeing

Over a period of up to six sessions, we assist you to manage stress, anxiety and improve your wellbeing.

We provide wellbeing coaching support through:



Individual Coaching sessions



Group sessions



Access to online resources

What is Wellbeing Coaching?

We help you find what is important in your life and take steps to get you there.

Understand what is important to you

Identify your strengths and values to help set goals to live a more enjoyable and meaningful life.

Develop strategies to improve your wellbeing

Recognise your available supports while finding new strategies to improve resilience and self-care.

Learn from experience

Talk with our coaches about their experiences to gain a sense of clarity, confidence and hope about what works.

Connect in a way that suits you

Our coaching sessions are available via:



Face to face



Telephone



Video conferencing



After hours appointments

Improving together as a group

Working with others can help you gain insight into what would help to improve your wellbeing.

We offer a range of group programs where you can share your experiences, gain tools to help you work towards progress, and learn to balance your needs.

Let us know what you think

Steps to Wellbeing is part of a broader initiative to develop innovative mental health and wellbeing services. Your feedback, including complaints are welcome to help shape this service.

For more information on the feedback process visit stepstowellbeing.org.au/feedback.

Am I eligible?

To be eligible for Steps to Wellbeing, you need to live in the North or East of Melbourne, be 16 or over, and:

- Experiencing increased life stressors
- Noticing signs of anxiety and/or depression, such as:
 - Low mood
 - Feeling overwhelmed
 - Low energy
 - Feelings of hopelessness
 - Fear, nervousness or worrying
 - Avoidance of social situations

Get started or refer someone you know

You can begin making changes by calling us on 8691 5450 or visiting stepstowellbeing.org.au

If you would like to refer someone you know, call us or visit the website. Referrals must be discussed with the individual prior to making contact.

Neami encourages referrals from people who identify as LGBTIQ, culturally diverse, Aboriginal or Torres Strait Islander people, and refugees.