



LOW INTENSITY MENTAL HEALTH SERVICES

**For more
information,
please contact
Artius on:**

P: 1300 986 886

E: health@artius.com.au

W: artius.com.au

**This program is
supported by funding
from the Darling
Downs and West
Moreton PHN.**



Artius' low intensity services are designed for people who may be either at risk of developing a mental illness or have mild symptoms. A broad range of people could benefit from the program which emphasises self-management and skill development.

Sessions are facilitated by Mental Health Support Workers trained to assess and provide low intensity therapy with the support of a Psychology Board of Australia approved supervisor. The sessions will be delivered either face-to-face, by telephone and/or via online programs.

Artius services are available in the following regions:

- Cherbourg
- South Burnett
- Southern Downs
- Toowoomba
- Western Downs





About Artius

Artius is a Mental and Allied Health Services organisation. We offer a wide range of services from physiotherapy, psychology, employee assistance programs, manual handling courses, speech pathology, occupational therapy and much more. Artius is committed to helping people improve their physical and mental health and wellbeing through preventing, diagnosing and treating a range of conditions and illnesses to provide the best patient outcomes.

Our mission is to help people, businesses and communities to reach their potential. Our promise is 'It doesn't matter where you join us on your life journey, we will help you reach your potential'.

