



# FEELING BETTER PROGRAM

## Artius is now offering Low Intensity Psychological Services.

Mental health in Australia is changing direction with a greater focus in local regions on ensuring that client services better meet client needs.

### This new system is called "Stepped Care"

Clients are matched to a service that most meets their current need. This can range from the least intensive (Low Intensity Services for people experiencing mild mental health problems) to the most intensive (High Intensity Services for people with severe and persistent mental health issues).

Artius is one of the first organisations in Brisbane to offer Low Intensity Services.

Our Low Intensity Psychological Services in the Brisbane South region are aimed at improving the wellbeing of those clients who are feeling mildly stressed, unhappy or anxious.

Clients might be finding things a little hard to deal with or feel mildly frustrated or anxious but not to the extent that it is interfering with their day-to-day functioning or they think it needs long term therapy.

Artius' **Feeling Better Program** is specifically designed for clients who feel they only need some coaching and direction to help them get through the rough patch.

This brief evidence-based program offers eligible clients **6 x 30-minute sessions** over the course of six weeks at **no cost**.

Sessions can be by telephone, face-to-face or group. All sessions are conducted by fully trained mental health specialists.

Content of the program is based on **Cognitive-Behavioural Therapy (CBT)** and includes a large range of helpful strategies such as:

- Developing a toolbox of techniques to improve mood and better deal with day-to-day roadblocks
- Understanding the link between thoughts, feelings and behaviour
- Learning more effective coping behaviours
- Developing skills for better managing emotions
- Addressing ways of dealing with unhelpful thinking
- Learning ways to keep improvement going and avoid falling back into unhelpful habits

Before starting the program, every client will have a 30 minute interview to help Artius better understand their current problems and goals so that they are provided with the best service and positive outcomes.

To learn more about the **Feeling Better Program** please contact **Artius** today.

### Referral Process

Artius accepts referrals for the Feeling Better Program for individuals who score 24 or less on the K10 assessment measure. You can send referrals via email, fax or post. Alternatively, you can send an electronic referral using your practice management system.

**Phone:** 1300 986 886  
**Fax:** (07) 5502 7414  
**Email:** [referrals@artius.com.au](mailto:referrals@artius.com.au)





## About Artius

We are a disability employment and health services company. We offer a wide range of services from physiotherapy, psychology, employee assistance programs, manual handling courses, job search support, resume development, vocational training and much more.

## Artius Mission

The Artius mission is to help people, businesses and communities to reach their potential.



## Contact Us

To discuss services further or for referral please contact Artius:  
email: [health@artius.com.au](mailto:health@artius.com.au) or call: 1300 986 886