

STEPPED CARE MODEL

Step 5

I'm in a crisis or have complex and severe difficulties. I need urgent specialist help and support.

Step 4

I have severe, recurrent or long-term difficulties and need to speak to a counsellor. I may also need a referral to the Disability Advisory and Support Service or Occupational Health.

Step 3

I have moderate anxiety/unhappiness, with significant impact on my daily life and academic performance.

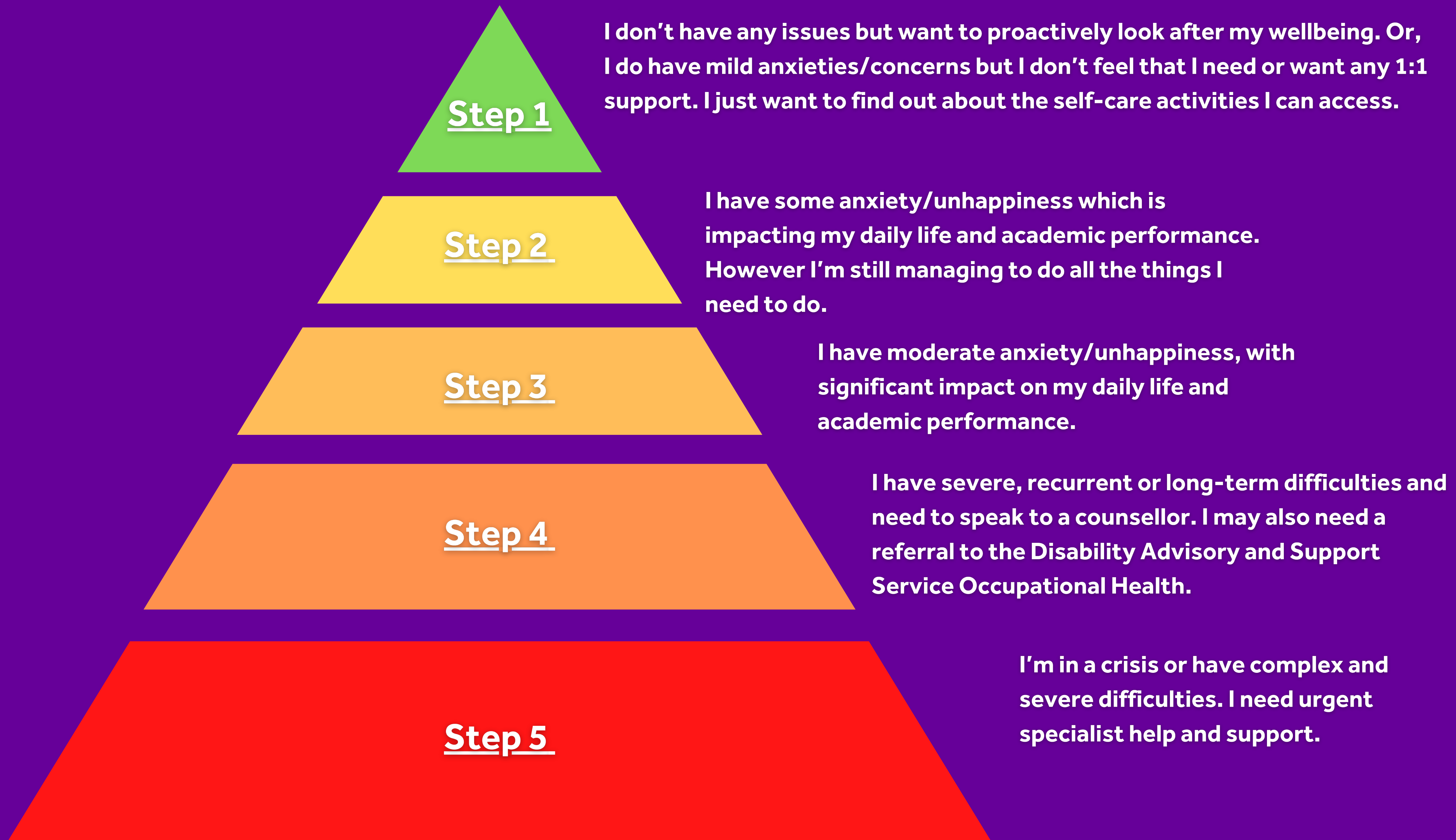
Step 2

I have some anxiety/unhappiness which is impacting my daily life and academic performance. However I'm still managing to do all the things I need to do.

Step 1

I don't have any issues but want to proactively look after my wellbeing. Or, I do have mild anxieties/concerns but I don't feel that I need or want any 1:1 support. I just want to find out about the self-care activities I can access.

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Step 2

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