



Low Intensity  
Mental Health  
Program

**nb&a**group



# mindcare coaching

## What is a low intensity mental health program?

The program includes up to eight sessions of mental health support and coaching developed to meet your individual needs and delivered by a specially trained MindCare Coach.

Coaches support individuals to achieve recovery and equip them with the understanding and self-management skills to maintain ongoing wellbeing.

No referral is required and sessions are flexibly delivered via face-to-face or telehealth methods such as Skype and Facetime.

## Who can access mindcare coaching?

Any injured worker with a pending or accepted work injury claim and/or their support person e.g. family members who are actively supporting the injured worker's recovery and return to work.

Not actively engaged with a psychologist or a psychiatrist on a regular basis.

Presenting with mild to moderate anxiety, depression or stress.

People who are 16 years and over.

*To access MindCare Coaching, approval will need to be given by the case manager.*

To make an appointment call  
**1800 517 060**

Email: [admin@nbassociates.com.au](mailto:admin@nbassociates.com.au)