



*'Mental health
support made
easy'*



Mental Health Coaching Program

Step by Step Remote Health Program



Keeping Mental Health on track.

Valion Health's stepped care approach to mental health recovery keeps people and their mental health strong, resilient and on track.

We make access to recovery support easy for participants and referrers

Mental Health Coaching Program

➤ *Is this right for me?*

Mental Health Coaching is a **program** for participants who are at risk of, or who have, a **mental health condition** and require support together with a primary mental health professional to recover and reach health and wellbeing goals.

Mental Health Coaching. Explained

What is Mental Health Coaching?

Mental Health Coaching is a collaborative partnership between you and a trained mental health professional that helps you develop the knowledge, confidence and skills to build positive thinking and behaviours.

How does the program work?

Valion Health's Mental Health Coaching is a phone and video-call based support program offering participants high quality, personalised mental health care and support from the convenience of your own home.

How much time will it take?

Sessions usually go for 30-45 minutes.

Do I need to be good with computers?

No, Valion Health make it easy for everyone. One click from our website and you're in our video room! If you prefer a phone call, we are at your fingertips. Its that easy!

When you join the program your own care team will work with you on a plan that suits your needs.

How will it help me?

The Mental Health Coaching Program will help you to:

- increase your confidence and motivation to change unhealthy behaviours
- identify and build on supportive behaviours that benefit your mental health
- increase knowledge and understanding of health conditions, proactive strategies and importantly how to implement these day-to-day

Program Details

Component	Overview
Nursing Assessment	A registered nurse is on hand for you to discuss your needs to achieve an individualised plan. An initial assessment will allow you to discuss your concerns and, together, plan your goals and introduce you to your mental health coach and many other options Valion Health has to offer. Your nurse will support you throughout the program.
Video-call or phone-call sessions	We coordinate regular video calls or telephone coaching sessions between you and your coach throughout your program.
Care Navigation	We connect you with appropriate local services, provide support to your carers, and assist in coordinating your care.
Post Program follow-up session	We arrange a post program 'where to now' session to celebrate how far you've come and to map out the months ahead.

The Mental Health Coaching Experience

How the program has helped others manage their mental health

Will, VIC

'The people I have dealt with have been so understanding and great.'

Emma, QLD

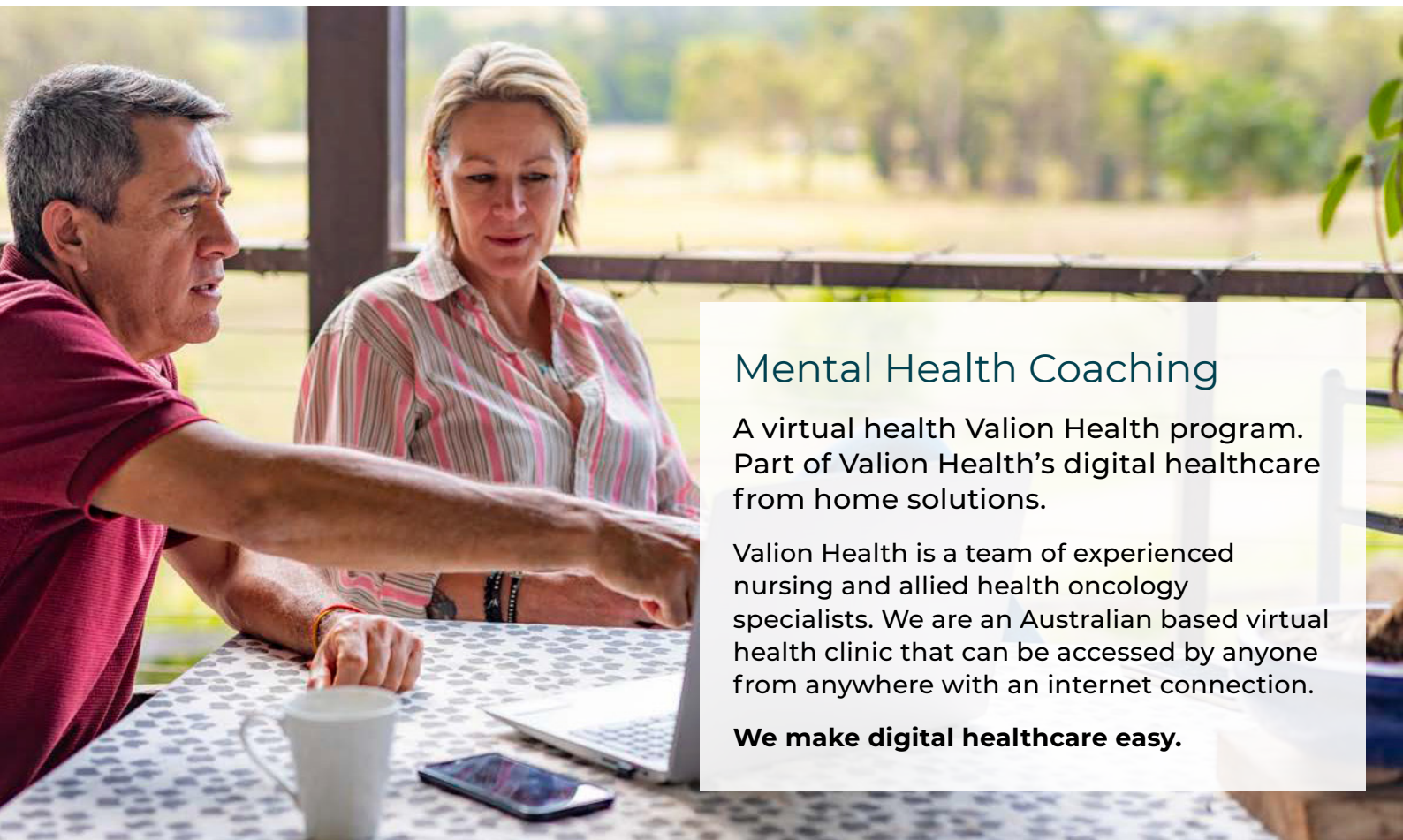
'I have a new perspective on life. Incredibly grateful to have you guys listen to me and provide advice. I don't know where I'd be if I hadn't had that.'

Steven, TAS

'I am sure that this has helped me recover through a very unfamiliar journey.'

Jane, QLD

'My health coach was extremely helpful and provided me with new tools to use moving forward. My care coordinator went above & beyond to keep in regular contact with me.'



Mental Health Coaching

A virtual health Valion Health program. Part of Valion Health's digital healthcare from home solutions.

Valion Health is a team of experienced nursing and allied health oncology specialists. We are an Australian based virtual health clinic that can be accessed by anyone from anywhere with an internet connection.

We make digital healthcare easy.