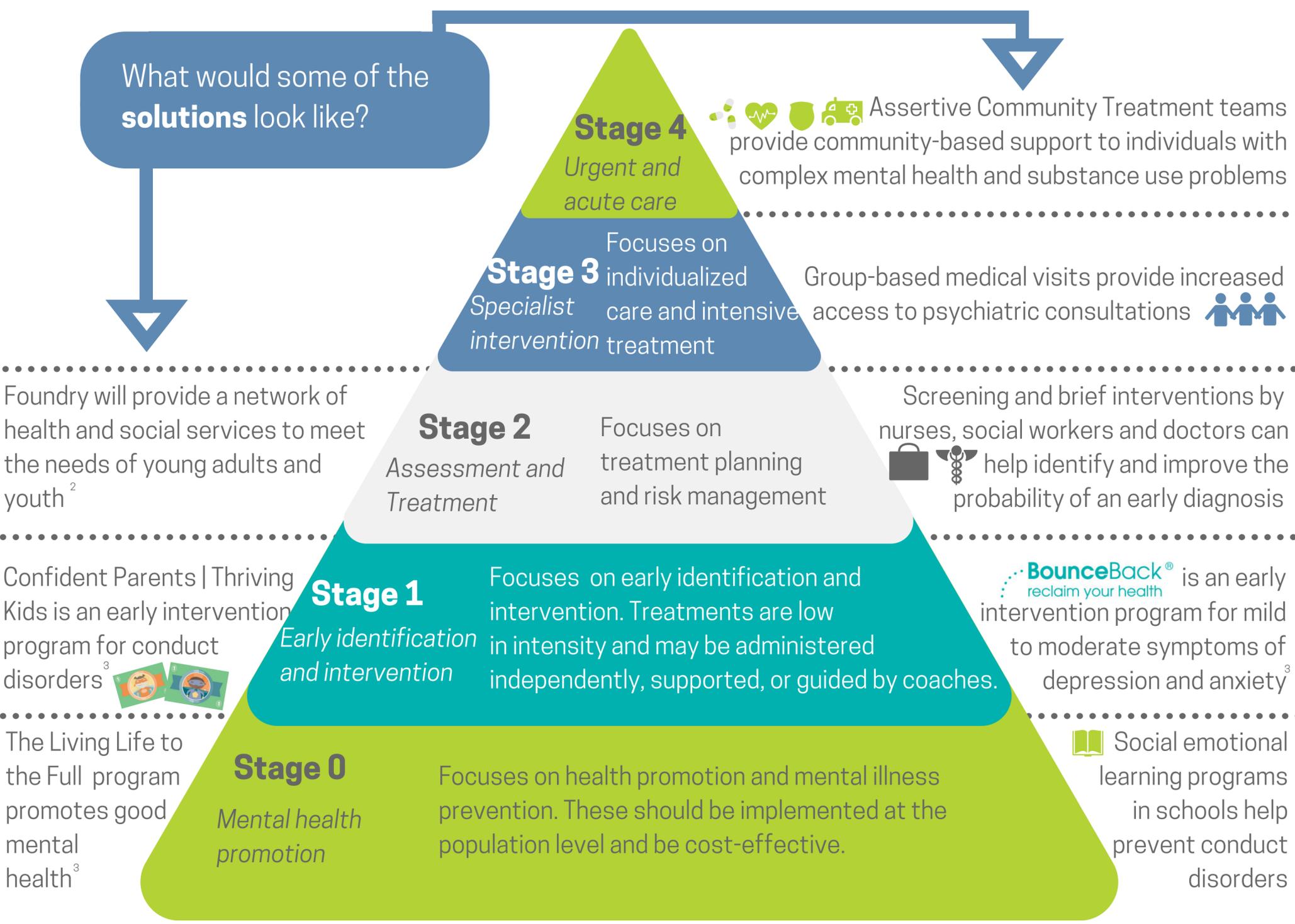


b4stage4 Stages of care

The stages of care, or stepped care, refers to providing care that is matched by the complexity of the condition. Depending on complexity and need, the most appropriate and cost-effective level of care can range significantly.¹

What are the **stages of care** for high prevalence mental health problems, such as depression, anxiety, and behavioural problems?

What would some of the **solutions** look like?



www.b4stage4.ca

facebook.com/CMHABCDivision

@CMHABC #b4stage4

b4stage4

Canadian Mental Health Association
British Columbia
Mental health for all

Sources
¹ Anderson, J.F. (2003). Moving beyond the vision to the evidence. *Visions Journal*, 1(18), 30-31. Retrieved from: <http://www.heretohelp.bc.ca/visions/self-management-vol1/stepped-care>
² Foundry brand story. (2016). Retrieved from: <http://foundrybc.ca/app/themes/foundry/assets/docs/BCIYSI-Brand-Story.pdf>
³ CMHA British Columbia. (2017). Wellness Programs. Retrieved from: <http://www.cmha.bc.ca/types-programs-services/wellness-programs/>
 The b4stage4 philosophy and concept is adapted from the work of Mental Health America, which has granted permission for their use. To learn more, please go to www.mentalhealthamerica.net