





Which Step?	Symptoms	How does it affect you?	Your Level of risk	Recommended Interventions
 <p>Step 1 - Early Signs</p>	<p>Short term/mild/recent distress or occasional distress but feels and appears in control.</p>	<p>Able to maintain daily living activities, social support and occupation.</p>	<p>No concerns or risk of deliberate self-harm/ suicidal intent/self-neglect/risk to others.</p>	<p>Watchful waiting Self-help support groups Exercise referral Book prescription Free cCBT websites Community resources: Education, job centre, CAB</p>
 <p>Step 2 - Mild</p>	<p>Constant distress for at least two weeks, but appears to have a degree of control.</p>	<p>Able to maintain most activities but minimal disruption in personal, social or work pattern is beginning to show.</p>	<p>Low risk: some thoughts but no suicidal intent or plan.</p>	<p>Low intensity interventions - Exploratory Discussion/ signposting Guided self-help cCBT Telephone support Psycho-educational courses Counselling</p>
 <p>Step 3 and 3+ - Moderate to Severe</p>	<p>Constant distress/ preoccupied. Little or no control. Some feelings of hopelessness about the future. Interventions at step 2 tried but did not help.</p>	<p>Social support and occupational functioning are showing signs of disruption or breakdown. Self care and daily living affected, showing signs of self-neglect.</p>	<p>Definite indication of risk. Some intent but has deterrents and support.</p>	<p>High intensity interventions e.g.CBT/IPT(16/20) Couple focused therapy (15-20 sessions) Mindfulness based CBT, Group based CBT, CfD, DiT EMDR Counselling Medication</p>
 <p>Step 4 - Severe</p>	<p>Constant distress. No control. Strong feelings of hopelessness. At least two interventions steps 2 and 3 tried but no improvement after 12 weeks. Or presenting with severe risk or psychosis.</p>	<p>Persistent problems with functioning independently and maintaining daily activities and social support. Self- care severely affected.</p>	<p>Definite indication of risk with intent and means. Previous attempts to self or others. Clear signs of vulnerability and inability to protect self.</p>	<p>Referral to CMHT for assessment or Crisis Response Team</p>