

Set and Achieve Your Mental Health Goal: a 5 Step Guide

Improving your mental health begins with one small, meaningful step. Use this guide to reflect, plan and take action!



Step 1. Identify a concern or opportunity

Changes start with noticing. What's been weighing on your mind-or heart-lately?



Step 2. Think about how it will change your life

Imagine how life could feel with less stress and more space to breathe.



Step 3. Decide how you want to proceed

There's no single way to care for your mental health. Trust what feels right to you.



Step 4. Research your options

Look into support options. From guided therapy to self-help tool. The right fit is out there.



Step 5. Stick to it

Progress takes time. Stay patient, stay kind - and keep moving forward at your own pace.

Need help getting started?

Book virtual mental health support through [Therapy@Home](#).