

CREATING CONNECTION THROUGH

Group Problem Management Plus (PM+)

Group Problem Management Plus (PM+) brings people together to learn simple, practical mental health skills in a supportive group setting. Developed by the **World Health Organization**, Group PM+ helps people manage stress, anxiety, and everyday challenges — while also building connection and shared understanding.

What Is Group PM+?

Group PM+ is a short-term mental health support program where participants learn helpful coping skills alongside others facing similar challenges.

In group sessions, people learn how to:

- Reduce stress and worry
- Manage overwhelming emotions
- Solve problems step by step
- Build healthy coping habits
- Feel more confident handling daily life

Why group support matters

Many people find group support less intimidating and more encouraging than one-on-one help.

Group PM+ helps people:

- Realize they are not alone in what they're feeling
- Learn from shared experiences
- Feel supported and understood
- Build connection and trust
- Practice skills together in a safe space

Purpose	<i>An evidence-based group intervention to help adults experiencing distress or anxiety in the communities (e.g., life changing events, loneliness, etc.). This is effective for groups experiencing similar stresses (migrant communities, seniors, and community affected by a natural disaster).</i>
Audience	<i>Individuals 15 or older experiencing distress/adversity</i>
Format	<i>5, 60-90-minute group sessions</i>



Who Group PM+ is for

Group PM+ can help anyone, including employees experiencing stress or burnout; community members facing life transitions or challenges; individuals with limited access to traditional mental health services. Data from projects in both urban and rural areas demonstrate that Group PM+ is effective in reducing clinical measures of anxiety and depression.

How ArcaMind delivers Group PM+

At **ArcaMind**, we deliver Group PM+ in a way that feels welcoming, respectful, and human.

We:

- Facilitate Group PM+ sessions led by trained non-clinical facilitators
- Create safe, inclusive spaces for learning and sharing
- Adapt the program to fit your workplace, organization, or community
- Focus on practical skills people can use right away

Contact ArcaMind today to explore how Group PM+ can support mental health needs in your community.

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PM+ Tools

