

Practical mental health support for everyday life

Problem Management Plus (PM+) is a simple, proven program that helps people feel more in control and better able to handle life's challenges. Developed by the **World Health Organization**, PM+ focuses on practical skills that people can use right away.

What Is PM+?

PM+ is a short-term mental health support program designed for people dealing with common challenges like stress, anxiety, depression, or difficult life situations.

It is:

- **Simple and practical:** focused on real-life tools
- **Accessible:** delivered by trained non-clinical helpers
- **Proven:** backed by global research and the World Health Organization
- **Flexible:** adapted to fit different cultures and communities

Who Is PM+ for

PM+ can help anyone feeling stress, 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 PM+ is effective in reducing clinical measures of anxiety and depression.

Purpose	<i>An evidence-based intervention to help individuals better manage their practical problems (e.g., employment, conflict, housing, etc.) and emotional problems (e.g., feelings of stress, hopelessness, intense sadness, etc.). It can help people with depression, anxiety and life stress.</i>
Audience	<i>Individuals 16 and older experiencing distress</i>
Format	<i>5, 60-90-minute sessions</i>



How PM+ Helps

PM+ teaches easy-to-understand skills that help people:

- Manage stress and worry
- Feel calmer and more focused
- Tackle problems one step at a time
- Build healthy coping habits
- Feel more confident handling everyday challenges

These skills are useful in daily life, not just during difficult moments.

How ArcaMind Supports PM+

At **ArcaMind** we support PM+ to ensure that it is done in a way that feels welcoming, respectful, and human.

We:

- Facilitate PM+ sessions led by our expert facilitators
- Build capacity within organizations to implement PM+ with quality and fidelity
- Create safe, inclusive spaces for learning and sharing
- Adapt the program to fit your workplace, organization, or community needs
- Focus on practical skills people can use right away

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

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