



Building skills to strengthen your own resilience

Self-Help Plus (SH+) is a practical, easy-to-use program that helps people cope with stress, build emotional resilience, and feel more in control of their lives. SH+ is designed for **anyone experiencing stress** and can be used individually or in group settings.

What Is Self-Help Plus (SH+)?

Self-Help Plus (SH+) is a World Health Organization (WHO)-developed stress management program. It teaches simple skills to help people handle difficult thoughts and feelings, even when life feels heavy.

SH+ is:

- **Evidence-based** and research-informed
- **Easy** to understand and follow
- **Designed** to be delivered by trained non-clinical facilitators

It is not therapy. SH+ focuses on building practical coping skills that people can use in their daily lives.

Who Is SH+ For?

SH+ is designed for:

- **Adults experiencing stress**, worry, or emotional overwhelm
- **People facing life changes**, uncertainty, or ongoing pressure
- **Communities, workplaces, and organizations** seeking accessible mental health support

SH+ works well for people who may not need therapy but want tools to feel better and function well.

Purpose	<i>Five-step stress management course applicable to anyone. It teaches skills to deal with life stresses and is a first step in a stepped care program.</i>
Audience	<i>Anyone 16+ looking to better deal with stress/adversity</i>
Format	<i>3-4 hour course, self-directed online or in-person</i>



How SH+ Works

SH+ is typically delivered through guided audio sessions, illustrations, and group discussions. The program is grounded in Acceptance and Commitment Therapy (ACT) principles, presented in simple, practical language.

Participants learn how to:

- Notice stressful thoughts without being overwhelmed by them
- Make room for difficult emotions
- Focus on what truly matters to them
- Take small, meaningful actions aligned with their values

These skills help people respond to stress more effectively — instead of feeling stuck or burned out.

Where SH+ Can Be Used

SH+ can be offered in:

- Community organizations
- Workplaces
- Healthcare and social service settings
- Group programs or individual self-help formats

It is especially helpful in settings with limited access to traditional mental health services.

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

**218-786-5829 or
info@arcamind.com**

Why ArcaMind?

ArcaMind specializes in bringing **WHO-developed mental health programs** into real-world settings.

Our SH+ approach is:

- Easy to implement
- Practical and people-centered
- Delivered with cultural sensitivity and care

We help organizations and communities expand access to mental health support in a way that feels approachable and empowering.



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