



Single-Session Interventions (SSI)

Most people with mental health needs cannot access treatment; among those who do, *many access services only once.*

While efforts are needed to improve engagement and continuity of care, this also raises an important question: *What can realistically be achieved in a single encounter?*

What are SSI?

Structured, theory-driven interventions designed to deliver a meaningful therapeutic impact within one session.

How do they work?

SSI target specific mechanisms of change, such as:

Maladaptive beliefs

Low self-efficacy

Avoidance patterns

Within one session, they:

1. Provide targeted **psychoeducation**
2. Introduce a **clear, actionable framework**
3. Engage the individual in **active reflection or application**



Evidence from randomised trials indicates that SSIs can produce small-to-moderate improvements in youth mental health outcomes.

Gain an in-depth understanding of this and other brief, evidence-based interventions at our upcoming International Expert Conference: "Brief Interventions That Make a Difference: Practical Approaches for Young People and Families". [Click here.](#)