

What is Generalised Anxiety?

People with generalised anxiety find it difficult to stop worrying. They worry nearly all of the time, about many different issues. As a result, they often feel tense, irritable, and on edge, and can have trouble relaxing. Fortunately, most people who receive treatment get better.



An Online Treatment for Anxiety



Generalised anxiety can be effectively treated with internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies for managing the stressful thoughts and feelings that come with anxiety. iCBT is accessible from most devices, meaning you can access treatment at a time and place that suits you.

What does the course involve?

The Worry Course by THIS WAY UP is an evidence-based iCBT course. Across six lessons, this course will teach you:



What is Anxiety and how it works



Managing anxious thoughts and feelings



Tackling anxiety-provoking situations



Problem solving and relaxation skills



Strategies for staying well in the long-term



We're here to support you on your journey to better mental health. Learn more about the Online Course for Worry at thiswayup.org.au