

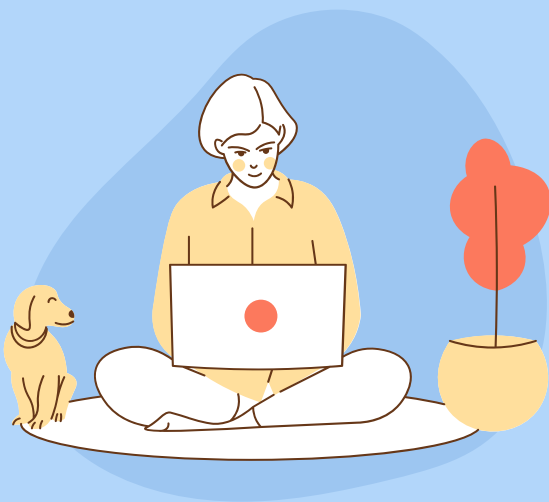
What is Health Anxiety?

People with health anxiety excessively worry about having or developing serious illnesses, even when medical professionals have reassured them that they're healthy. It can be time consuming and costly, as people often seek reassurance through repeated medical appointments. Health anxiety is very treatable, and many people who seek help can get better.



An Online Treatment for Health Anxiety

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



What does the course involve?

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



How Health Anxiety works



Managing repetitive, anxious thoughts



To reduce reassurance seeking



Skills for challenging your fears



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 Health Anxiety at thiswayup.org.au