

## What is Depression?

Depression is a common mental health problem characterised by long-lasting low mood, low energy, and low motivation. People with depression feel drained, hopeless, or numb, and sometimes feel like life is not worth living. Fortunately, however, depression is very treatable.



## An Online Treatment for Depression



Depression 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 painful thoughts and feelings that come with depression. iCBT is also accessible from most devices, meaning that you can access treatment at a time and place that suits you.

## What does the program involve?

The Depression Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:



What depression is and how it works



Strategies for boosting your mood and sleep



Problem solving and goal setting skills



Managing unhelpful thoughts



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 Program for Depression at [thiswayup.org.au](http://thiswayup.org.au)

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