

# How to: Recommend a THIS WAY UP Program for People Currently on a Waitlist



**THIS WAY UP ↑↑**



THIS WAY UP's online CBT programs can provide a useful way for people to get help with their mental health right away.

For appropriate patients/clients, you could give a brief overview of how THIS WAY UP works and direct them to the **Take-A-Test** tool that includes short questionnaires to guide them to a program that targets their particular symptoms.

## Validate...

Validate their concerns that being on a waitlist can be difficult.

"I know it can be hard waiting, we're doing our best to see people as soon as possible."

## Explain....

"THIS WAY UP teaches the kind of skills you might learn later on. Doing a program is an active way of preparing for face-to-face therapy, while you wait. You can start practicing the strategies now."

## Inform...

"THIS WAY UP has programs for anxiety, depression, stress, insomnia, mindfulness, and more.

They are between 3 to 6 modules long and you can work through them when it is convenient for you. Check [thiswayup.org.au](http://thiswayup.org.au) for the full list of programs."

## Suggest...

"If you're not sure which program may be right for you, you can see your GP who can assess your mental health and discuss which program could be suitable, or use the Take-A-Test Tool."

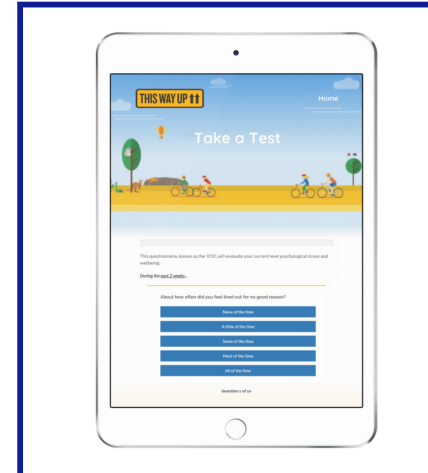
## Navigate...

Explain that programs are available as self-help or clinician supervised. Discuss which pathway they can pursue.

"If you'd like to do the program as self-help, you can sign up today and start the program for a low-cost."

"If you would like a clinician to supervise your progress throughout the program, it is free. Approach them first to let them know you'd like clinician supervision."

## Show...



A tour of the website

## Follow Up...

If necessary, send them a follow up email...

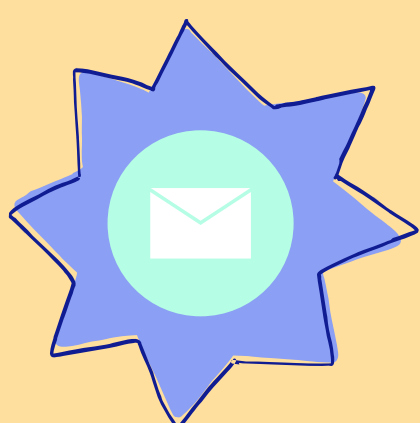
"Are you still looking to learn practical skills to overcome stress, anxiety and depression while you wait for face-to-face sessions? You may like to consider the programs offered by St Vincent's Hospital through an online platform called THIS WAY UP. They teach practical skills and strategies to manage symptoms of low mood, stress and anxiety. These programs can help you work through your difficulties to improve how you are feeling, and learn some skills while you wait."



As effective as face-to-face CBT



The robust evidence-base



### CONTACT US

Please feel free to contact our team regarding any queries or feedback:  
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