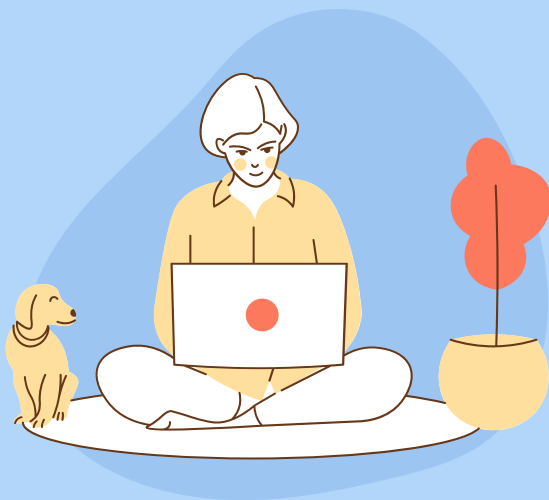


What is Anxiety and Depression?

People with anxiety find it difficult to stop worrying, while people with depression struggle with long-lasting low mood, low energy, and low motivation. People often experience anxiety and depression at the same time, which can be a lot to handle. Fortunately, however, both anxiety and depression are very treatable.



An Online Treatment for Anxiety and Depression



Anxiety and 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 difficult thoughts, feelings, and behaviours. 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 Anxiety and Depression Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:



About persistent worry and low mood



Strategies for managing unhelpful thoughts



Skills for overcoming low motivation



Tackling anxiety-provoking situations



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 Anxiety and Depression at thiswayup.org.au