



## Recommendation for Treatment

Hi there,

Following today's consultation, your clinician recommended that you complete one of our online programs that will teach you some practical strategies for tackling the symptoms you've been experiencing.

These online programs are based on Cognitive Behavioural Therapy (CBT) - one of the effective psychological treatments for anxiety, depression, and related mental health difficulties. They have been developed by experienced mental health clinicians at St Vincent's Hospital, Sydney and are designed to help you learn how to address your difficulties and improve the way you feel.

Your clinician suggested that you complete the following program:

### Symptom-Specific Programs

- The Depression Program
- The Generalised Anxiety program
- The Social Anxiety Program
- The Health Anxiety Program
- The Panic Program
- The OCD Program
- The Post-Traumatic Stress Program
- The Chronic Pain Program

### Multi-Symptom Programs

- The Anxiety & Depression Program
- The Mindfulness-Enhanced CBT Program
- The Perinatal Mental Health Program
- The Teen Worry and Sadness Program

### Wellbeing Programs

- Stress Management Program
- Insomnia Program
- Mindfulness Program
- Student Wellbeing Program

**Mode of Completion**    Self-Help    Supervised - check your e-mail for more details

- ▶ You will have up to 90 days to complete your program from the time you enrol.
- ▶ Each new lesson becomes available 5 days after the completion of the previous one.
- ▶ For best results, try to do a lesson every 1-2 weeks and practice your new skills regularly in between lessons.
- ▶ If you complete your program within 90 days, you will receive extended access for up to 12 months to go back and review the materials.
- ▶ Once you complete your program, we suggest that you see your clinician for a follow-up.

To enrol and begin your program, please go to [www.thiswayup.org.au/programs](http://www.thiswayup.org.au/programs)