

Recommendation for Treatment

Hi there,

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

These online courses 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 course:

Symptom-Specific Courses

- The Depression Course
- The Worry Course
- The Social Anxiety Course
- The Health Anxiety Course
- The Panic Attacks Course
- The OCD Course
- The Post-Traumatic Stress Course
- The Chronic Pain Course

Multi-Symptom Courses

- The Mixed Depression & Anxiety Course
- The Mindfulness-Based CBT Course
- The Perinatal Mental Health Course
- The Teen Mental Health Course

Wellbeing Courses

- Coping with Stress Course
- Managing Insomnia Course
- Intro to Mindfulness Course
- Student Wellbeing Course

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

- ▶ You will have up to 90 days to complete your course 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 course within 90 days, you will receive extended access for up to 12 months to go back and review the materials.
- ▶ Once you complete your course, we suggest that you see your clinician for a follow-up.

To enrol and begin your course, please go to www.thiswayup.org.au/courses