

## This Way up

THIS WAY UP™ is run by The O'Brien Centre at St. Vincent's Hospital in Darlinghurst. It provides online learning programs, education and research in anxiety, depressive disorders and physical health. The service is funded by the Australian Government Department of Health and Ageing under the Telephone Counselling, Self Help and Web-Based Support Programmes measure. It offer a range of courses for depression and the anxiety disorders. These courses have been proven to work in high-quality, clinical trials. On average, 80% of people who complete one of these courses benefit substantially, with 50% no longer being troubled by anxiety or depression.

### Target Groups

- Adults
- Children / Adolescents

### Topics

- General
- Depression
- Anxiety

### Type of Best Practice

- Counselling
- Online training material

### Country

- Australia

## Description

This platform offers self-help online courses for different disorders. Clinicians can prescribe these courses and supervise clients as they work through the lessons. The courses are available on desktop and mobile devices. The courses have been designed to help clients identify, understand, address and improve psychological difficulties, and create a positive change in wellbeing from the comfort of one's own home.



## Original language

Englsh

## Country

Australia

## Link

<https://thiswayup.org.au/>

(access date: 06/07/2017)



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media k GmbH. *This Way up*. Retrieved on Thu June 18, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP110/>



Co-funded by the  
Erasmus+ Programme  
of the European Union

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