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	Topics	Type of Best Practice	Country
• Adults • Children / Adolescents	• General • Depression • Anxiety	• Counselling • Online training material	• 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

Englsih

Country

Australia

Link

https://thiswayup.org.au/

(access date: 06/07/2017)

CC - Attribution-NonCommercial-ShareAlike
http://creativecommons.org/licenses/by-nc-sa/3.0/

media k GmbH. *This Way up.* Retrieved on Sunday November 22, 2026 from https://ecounselling4youth.gunet.gr/online-material/courses/TGP110/

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

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

https://www.ecounselling4youth.eu/project/