Online Therapy Unit

Online Therapy Unit er vefsíða þar sem boðnar eru leiðir til sjálfshjálpar á netinu. Þjónustan sem er ókeypis hefur verið prófuð af sérfræðingum og nýtist vel þeim sem á þurfa að halda. Þar eru upplýsingar um hvernig einstaklingar geta sjálfir fundið leiðir til að yfirvinna depurð, þunglyndi eða kvíða.

Markhópur	Efni	Tegund	Land
• Fullorðnir • Foreldrar • Hjón	• Almennt	• Rafræn þjálfunargögn	• Kanada

Online Self-Help Materials for Anxiety and Depression

- e-couch: Provides free evidence-based information about emotional problems and teaches users strategies for preventing them
- Living Life to the Full: Offers a free life skills course aimed to provide training in practical approaches you can be used to tackle and respond to daily demands and issues
- Here to Help: A BC-based website that includes tool kits, fact sheets, and discussion forums for depression and anxiety
- The STEPS website_ A site that tells all about common stress problems and gives some ideas on how best to tackle them using CBT strategies
- Get Self Help A mini 7-step self-help course based on CBT techniques that can be applied to many mental health problems

Online Self-Help Materials for Depression

- MoodGym: Teaches cognitive behavioural skills in order to prevent and decrease depressive symptoms, free of charge
- The Depression Center: Offers tools to overcome depression as well as an online support group
- Coping with Depression: Includes 9 free self-help modules to help cope with depression and manage one's mood
- MoodSwings An online self-help tool for people with bipolar disorder

Online Self-Help Materials for Anxiety and Panic

- AnxietyBC: Provides self-help information and programs related to the management of anxiety
- Mastering Your Worry: Offers 11 free self-help modules about chronic worrying and generalized anxiety disorder, and suggested strategies for how one can manage worrying and anxiety
- Coping with Panic Attacks: Provides 12 free self-help modules with information about panic attacks, and suggested strategies for how one can manage one's panic and anxiety

Online Information on Depression, Anxiety, and Panic

- HelpGuide.org: Non-profit self-help site that provides expert articles, tips, and information on a range of mental and emotional health topics
- Depression Information Guide: - CAMH Information guide written for people living with depression, their families, and anyone interested in gaining a basic understanding of depression, its treatment, and management
- Anxiety Disorders Information Guide - CAMH Information guide for people with anxiety disorders, their families, partners, friends, and anyone else who might be interested



Upphaflegt tungumál

English

Land

Canada

Tengill

https://www.onlinetherapyuser.ca/

(access date: 11/07/2017)

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WIN. *Online Therapy Unit.* Retrieved on Sunday November 22, 2026 from https://ecounselling4youth.gunet.gr/online-material/courses/TGP489/

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

Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

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