Online Therapy Unit

Spletna stran ponuja različna orodja za samopomoč posameznikom, ki imajo diagnosticirano depresijo oz. anskiozno motnjo. Na voljo so jim ključne informacije, tehnike, ki jim lahko pomagajo pri izboljševanju počutja in kontakti v primeru poslabšanj.

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli • Starši • Pari	• Drugo	• Spletno gradivo	• Kanada

Opis

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



Jezik, v katerem je praksa dostopna v originalu

English

Država

Canada

Povezava

https://www.onlinetherapyuser.ca/

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