This Way up

THIS WAY UP ™ vodi The O'Brien centar pri St. Vincent's bolnici u Darlinghurstu. Stranica pruža online programe učenja, obrazovanja i istraživanja za anksioznost, depresivne poremećaje i tjelesno zdravlje. Uslugu financira Ministarstvo zdravstva i starenja Australije pod mjerom programa podrške za savjetovanje putem telefona, samopomoći i podrške putem interneta. Stranica nudi niz tečajeva za depresiju i anksiozne poremećaje. Tečajevi su se pokazali uspješnim u visoko kvalitetnim kliničkim studijama. U prosjeku, 80% ljudi koji završe jedan od tečajeva imaju značajnu korist, a 50% više nije uznemireno tjeskobom ili depresijom.

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli • Djeca / Adolescenti	• Općenito • Depresija • Anksioznost	• Savjetovanje • Online trening materijali	• Australija

Opis

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.



Jezik originala

Englsih

Zemlja

Australia

Poveznica

https://thiswayup.org.au/

(access date: 06/07/2017)

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media k GmbH. *This Way up*. Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP619/

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/