



THIS WAY UP | St Vincent's Hospital
Level 4, The O'Brien Centre
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contact@thiswayupclinic.org

Dear Colleague,

RE: Request to access an online Cognitive Behavioural Therapy course for free

You are receiving this letter because a patient of yours is interested in completing one of our online Cognitive Behavioural Therapy (CBT) courses, which they can access for free under the supervision of their clinician.

Our courses are designed to teach practical skills to tackle symptoms of stress, anxiety, and depression, and have been developed by experienced mental health professionals at St Vincent's Hospital, Sydney and the University of New South Wales.

Clinicians in the community (e.g., GPs, psychologists, psychiatrists, and allied health professionals) are able to register with us for free and use these evidence-based CBT courses to assist their clients.

Our treatment courses normally cost AUD \$59 when used as 'self-help', but can be accessed by patients for free when prescribed by a health professional. You will need to create a free account to prescribe the courses and monitor your clients' progress.

To view the available courses and learn how to prescribe a course so your patient can access online treatment for free, please visit www.thiswayup.org.au/clinician-hub

If you have any questions or would like to discuss this letter with our team, please feel free to email us on contact@thiswayupclinic.org or call us on 02 8382 1437.

Sincerely,
Dr Mike Millard
Clinical Director of CRUFAD

About THIS WAY UP

THIS WAY UP is a not-for-profit initiative of St Vincent's Hospital, Sydney and the University of New South Wales. Our team is based at the Clinical Research Unit for Anxiety & Depression (CRUFAD) and we specialise in developing, testing, and disseminating internet-delivered CBT programs for depressive and anxiety disorders. Our mission is to improve access to effective online interventions and we are here to support clinicians with using evidence-based online CBT in treatment of anxiety and depression. Visit www.thiswayup.org.au to learn more.