

# Online CBT Services



Dr Gareth Furber  
Health, Counselling and Disability Services

## ONLINE CBT SERVICES

Cognitive Behavioural Therapy (CBT) is a model of therapy that focuses on how our thoughts and beliefs influence our emotions. It is a very effective model of therapy and is used as a core treatment for a number of psychological disorders. It can also be used to help people develop healthy psychological strategies for coping with difficult situations.

In Australia we are very lucky that there are many online CBT programs that can be completed for free, or low-cost. Some of the main ones are covered below. If your counsellor has ticked one of these options, it is because they believe you might benefit from one of these courses. Feel free to explore them yourself though. Further resources can be found at <https://headtohealth.gov.au/> or from <https://www.emhprac.org.au/directory/>

Course	Free	Therapist assisted
<input type="checkbox"/> <b>Mindspot</b> - Free online assessments and courses on well-being, mood, obsessive compulsive disorder, post-traumatic stress disorder, Indigenous well-being and chronic pain - <a href="https://mindspot.org.au/">https://mindspot.org.au/</a>	Y	Y
<input type="checkbox"/> <b>Mental Health Online</b> - Online assessment and courses for generalised anxiety disorder, depression, social anxiety disorder, obsessive compulsive disorder, post traumatic disorder, panic disorder, mixed disorder - <a href="https://www.mentalhealthonline.org.au/Default.aspx">https://www.mentalhealthonline.org.au/Default.aspx</a>	Y	Y
<input type="checkbox"/> <b>This Way Up</b> - Online assessment and courses for depression, generalised anxiety disorder, mixed depression and anxiety, obsessive compulsive disorder, panic disorder, social phobia, post traumatic disorder, mindfulness based cognitive therapy, health anxiety, chronic pain, coping with stress, pregnancy and post-natal, intro to mindfulness, managing insomnia - <a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>	Some free, some paid	N
<input type="checkbox"/> <b>Ontrack</b> - Free online assessments and courses for depression, alcohol use, flood and storm recovery, families and friends, early psychosis and diabetes - <a href="https://www.ontrack.org.au/web/ontrack/home">https://www.ontrack.org.au/web/ontrack/home</a>	Y	N
<input type="checkbox"/> <b>myCompass</b> - Interactive self-help service to promote resilience and well-being for people experiencing mild to moderate stress, anxiety and depression - <a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>	Y	N

	Course	Free	Therapist assisted
<input type="checkbox"/>	<b>My Digital Health</b> – Not strictly CBT but still free digital health programs for anxiety, depression, well-being, distress and suicidal thoughts, insomnia, mindfulness, post-traumatic stress disorder, compassion building, self-monitoring, sleep, and benzodiazepine reduction - <a href="https://www.mydigitalhealth.org.au/">https://www.mydigitalhealth.org.au/</a>	Y	N
<input type="checkbox"/>	<b>Moodgym</b> – An interactive self-help book which teaches skills to prevent and manage symptoms of depression and anxiety - <a href="https://moodgym.com.au/">https://moodgym.com.au/</a>	Y	N
<input type="checkbox"/>	<b>Ecouch</b> - e-couch provides information about emotional problems - what causes them, how to prevent them and how to treat them. It includes exercises to help you understand yourself and others better. Even better, it provides you with a set of strategies that might help you to improve your life - <a href="https://ecouch.anu.edu.au">https://ecouch.anu.edu.au</a>	Y	N
<input type="checkbox"/>	<b>Centre for Clinical Interventions</b> – These guys out of WA publish a range of self-help worksheets and workbooks on anxiety, assertiveness, bipolar disorder, body dysmorphia, depression, disordered eating, health anxiety, panic, perfectionism, procrastination, self-compassion, self-esteem, sleep, social anxiety, tolerating distress, worry and rumination. Not high tech, but good content - <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</a>	Y	N



The team at Health, Counselling and Disability Services produces handouts on a range of self-help topics. To ensure we are providing good quality and relevant content, please take a moment to provide some feedback on this handout. .

<https://bit.ly/2RAO742>