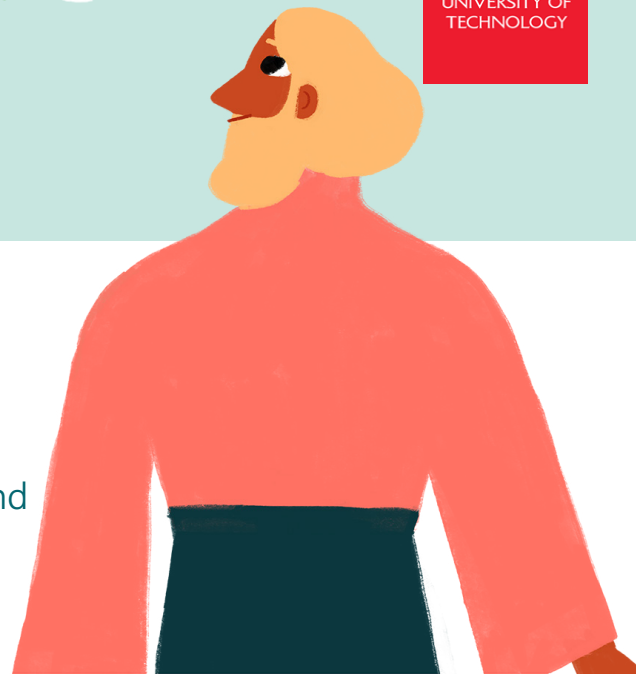


# The Depression-Anxiety Online Program



The **Depression-Anxiety Online Program** is a free, 12-module, self-paced program based on the gold standard psychological therapy for both Depression and Anxiety: Cognitive Behavioural Therapy (CBT). This program is suitable for anyone experiencing both low mood and anxiety. It aims to help people understand the nature of depression and anxiety and learn skills strategies that help to manage symptoms, alleviate distress and support meaningful change.

## There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information, videos, worksheets, audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **free Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets to use with clients in your practice.



## Behavioural Interventions

**Relaxation, Mindfulness and Breathing Control**  
(Module 3)

**Body Scanning, Progressive Muscle Relaxation and Mindfulness**  
(Modules 4, 10 & 11)

**Activity Planning**  
(Modules 7 & 8)

**Overcoming Avoidance and Developing a Fear Hierarchy**  
(Modules 7 & 8)



## Cognitive Interventions

**Thinking Styles and Thought Monitoring**  
(Module 5)

**Helpful Self Talk**  
(Modules 6 & 8)

**Comparison of Worries and Actual Events**  
(Module 6)



## Lifestyle Interventions

**Problem Solving**  
(Module 9)

**Communication and Assertiveness**  
(Module 9)

**Physical Activity and Nutrition**  
(Module 10)

**Improving Sleep**  
(Module 10)

# Module Content



Worksheet



Practice Exercise



Clients may not notice immediate benefits from activity planning – encourage them that persistence and practice are key



Encourage clients to apply what they're learning to real life scenarios, for example, using mindfulness while in traffic or adding exercise as part of their commute.



Mindfulness can be challenging – remind clients that the focus is being present, not emptying the mind of thoughts.

## Module 1 - Depression and Anxiety Symptoms

Psychoeducation about mental health, stress, anxiety and depression symptoms and the connections between them. This module also includes an assessment of symptoms relevant to depression and anxiety.

- Understanding the symptoms and causes of depression and generalised anxiety disorder
- Learning to identify and monitor symptoms, including suicidal thoughts



Thoughts of suicide

## Module 2 - Foundations for Change

Introduces potential causes of mental health concerns and the CBT model for treatment.

- Causes and treatments of mental health issues
- Ways to motivate yourself and prepare for change
- Understanding the link between thoughts, feelings and behaviour
- Setting goals and identifying barriers



Connection between thoughts, feelings and behaviour



Preparing for change reflection



SMART goals



My barriers



My depression profile



My worry record

## Modules 3 & 4 - Relaxation

Discusses the link between anxiety and depression – learning to let go of tension and turn off the fight-or-flight response.

- Understanding the link between depression and anxiety, and the relaxation response
- Practicing relaxation strategies



How to start practicing relaxation



Relaxation record



Breathing exercises



Guided imagery



Progressive muscle relaxation



Body scanning



Slow / mindful breathing

## Modules 5 & 6 - Identifying and Challenging Your Thoughts

Introduces the connection between how you think, feel and behave, and how the way you interpret a situation can be affected by your mood, past experiences, thinking styles and beliefs.

- Understanding the relationship between thoughts, feelings and behaviours
- Learning common unhelpful thinking styles related to depression and anxiety
- Identifying and learning strategies to challenge unhelpful thinking styles, assumptions, and beliefs



Thought diary



List of common emotions



Deciding if thoughts are unhelpful



More helpful thoughts



Comparison of worries



Worries vs actual situation



My assumptions and beliefs



Tolerating uncertainty



## Modules 7 & 8 - Helpful and Unhelpful Behaviours



Explores the role of unhelpful behaviours related to depression and anxiety and introduces how to challenge avoidance.

- Learning how challenging unhelpful behaviours can improve depression and anxiety
- Developing an activity plan & overcoming barriers to activity planning
- Developing an exposure plan to challenge avoidance
- Creating self-statements to confront a stressful situation



Activity planning worksheet



What situations do I avoid



My fear hierarchy



Exposure record form



Creating self statements

## Module 9 - Problem Solving and Communication



Introduces the 5 steps to effective problem solving and assertive communication skills to support mental health recovery.

- Understanding problem solving and its benefits for improving depressive and anxiety symptoms
- Learning techniques to problem solve
- Understanding, developing and practicing assertiveness



Problem solving worksheet

## Module 10 - Lifestyle Changes



Explores the role lifestyle factors play in maintaining or managing mood through the triangle of health – including improving eating habits, increasing exercise and practicing mindfulness.

- Understanding the importance of good nutrition on psychological health
- Becoming more physically active, overcoming barriers to exercising
- Explores a range of mindfulness activities



Physical activity worksheet



Food diary



Sleep diary



The white bear exercise



Mindful eating



Mindful yoga

## Module 11 - Keeping On Track



Emphasises strategies to reduce the likelihood of depression and anxiety recurring through planning to continue to work on skills and healthy habits.

- Reviewing the key strategies discussed.
- Noticing signs of a decline in mental health and developing a plan to help maintain change
- Preparing for and overcoming challenges and setbacks



Exposure practice



Relaxation record



Breaking down exposure tasks



My rewards



Key tips for improving sleep



My self management plan



SMART goals and setting goals for the future

## Module 12 - Suicide Prevention



Information about thoughts of death and suicide, developing a safety plan and how to reach out for help.

- Identifying warning signs for suicidal thoughts and behaviour
- Developing a Safety Plan to keep safe
- Identifying supports and services that can assist someone with thoughts of suicide



My safety plan