



THIS WAY UP | St Vincent's Hospital  
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[contact@thiswayupclinic.org](mailto:contact@thiswayupclinic.org)

Dear Clinician,

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

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

Our programs 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.

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 programs to assist their clients.

Our treatment programs 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 an account to prescribe the programs and monitor your clients' progress.

**To view the available programs and learn how to prescribe a program so your patient can access online treatment for free, please visit [www.thiswayup.org.au/clinician-hub](http://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](mailto:contact@thiswayupclinic.org) or call us on 02 8382 1437.

Sincerely,  
Dr Michael 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](http://www.thiswayup.org.au) to learn more.