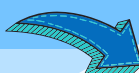




Maintaining?

How do I deliver blended care with THIS WAY UP?

What if I need more advice or support?



Our clinical team outlines how to supervise a client or patient in [this helpful video](#).

You can contact our team for technical and clinical support [here](#).

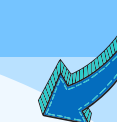


Contemplating?

Is digital mental health an effective treatment?

Has it been tested?

Is it safe and secure?



Digital mental health using CBT is as a first-line treatment for anxiety and depression in current [clinical guidelines](#).

THIS WAY UP is supported by [36 RCTs](#) and [20 published effectiveness studies](#).

We put [privacy and cybersecurity](#) first to protect our users data.

Which stage are you?

Using THIS WAY UP's digital mental health programs in practice

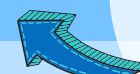


Taking action?

How do I get started?

How do I introduce my clients or patients to THIS WAY UP?

Can I try it out first?



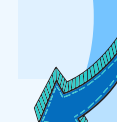
[Login to your account](#) and prescribe a program today.

Explore your Clinician Dashboard to preview programs and access our Resource Library.

Preparing?

How should I use THIS WAY UP in my practice?

Do I need to be tech-savvy?



Manage waitlists, improve outcomes, and give yourself more time for other therapeutic modalities.

Simply create a [free clinician account](#) - no special tech knowledge needed!



thiswayup.org.au