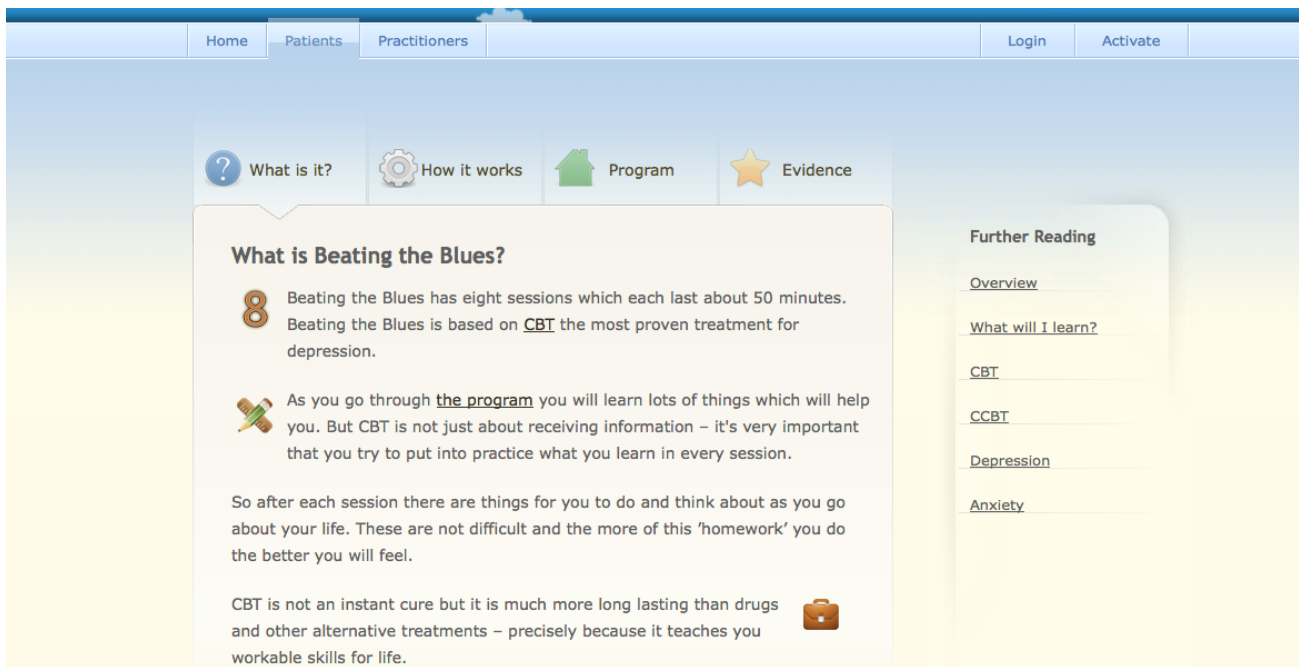


## Program Screenshots



Beating the Blues welcome page.



Brief program explanation for Beating the Blues users.

## Stress and Mood Management

### Overview

*Stress & Mood Management* is designed to help build resiliency and skills to tackle the strains and stresses of everyday life. Developed through a grant from the National Institute of Mental Health, this program includes segments on the disorders of depression and anxiety, as well as a variety of effective stress management techniques.


### Approach


*Stress & Mood Management* contains a vast amount of information about stress, depression, and anxiety. Although aimed at people in the workplace, the content is of value to anyone interested in these mental health issues. The site provides self-assessment tools to gauge levels of stress, anxiety or depression, and includes information on the body's response to stress and the physiology associated with depression and anxiety. Through the use of full narration, animation, text, and graphics, the program gives helpful strategies and tools to help minimize the negative effects of these states. The program also addresses the dangers of self-medication through alcohol and drugs and provides information on treatments that work. Finally, the program features a useful resource section with links to government and private organizations that handle mental health issues.

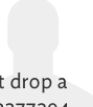


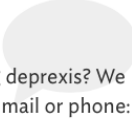
Centre for Workforce Health - Stress and Mood Management program overview.


deprexis Patients Professionals

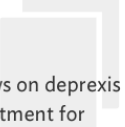
**Log in**   
Already using deprexis? Welcome back!  
[Log in](#)

**Register**   
You have an access code and wonder what's next? Join us here:  
[Register](#)

**Contact**   
Interested in deprexis? Just drop a line or call us: +49 (0)800 3377394  
[Contact](#)

**Support**   
Questions about using deprexis? We are happy to help - by mail or phone: +49 (0)800 3377394  
[Support](#)

**Trials and Reviews**   
Interested or already participating in a deprexis trial? Click here for more information.  
[Trials](#)

**Newsletter**   
Interested in latest news on deprexis and other forms of treatment for depression?  
  
[Subscribe](#)

Deprexis home page navigation.

# Wellbeing Course

» Wellbeing Course



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[TAKE A TOUR ...](#) →

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## eCentreClinic - Wellbeing Course introduction.

The Wellbeing Course is our free online and internet-based treatment course designed to teach people about anxiety and depression as well as how to manage their symptoms. Anxiety and depression are common and can have a very significant impact. We developed the Wellbeing Course because many people with depression and anxiety never seek treatment. But, many have access to the internet.

Because depression and anxiety commonly occur at the same time, we thought it was important to provide information about managing each condition in the same treatment Course. So, the wellbeing is what we call a transdiagnostic treatment Course; it is designed to treat multiple conditions and types of symptoms at the same time - stress and anxiety, general anxiety and worry, social anxiety, panic and panic attacks, low mood and depression.

To learn more about symptoms of low mood and depression, please click [HERE](#). To learn more about anxiety and anxiety disorders, please click [HERE](#).

***PLEASE NOTE: You can scroll right to the bottom of this page to make an application or register your interest in the Wellbeing Course.***

### What does the Course involve?

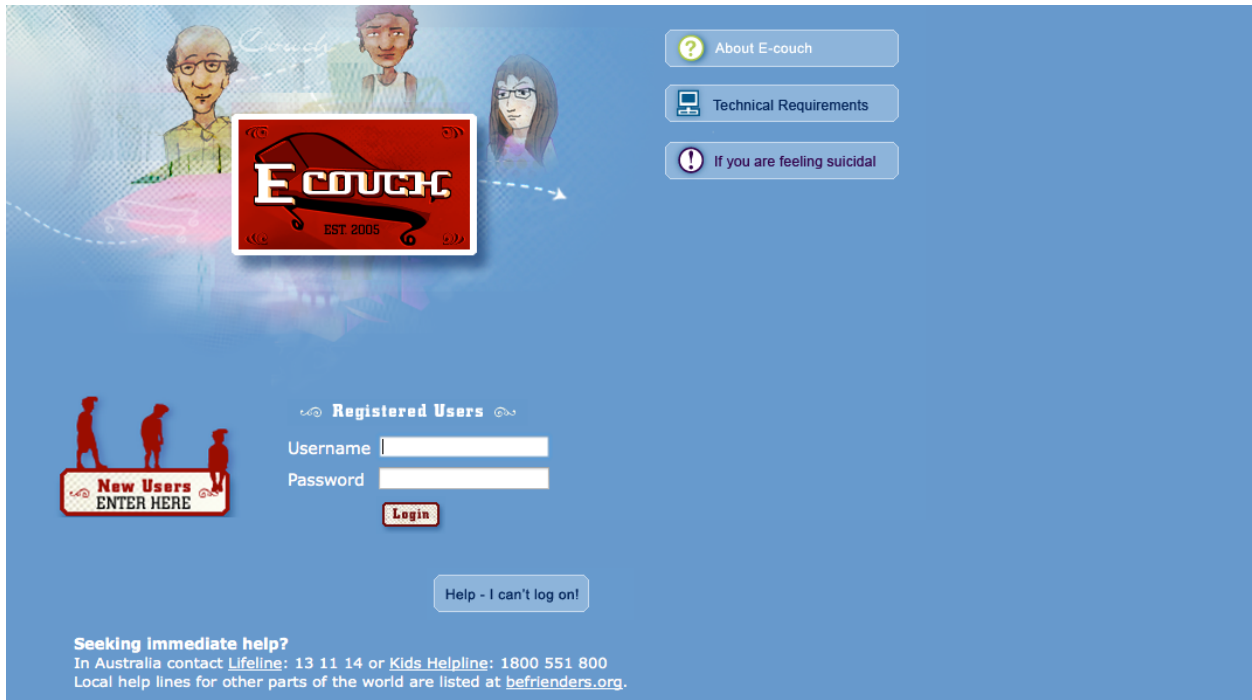
- 5 online lessons that provide information and teach practical skills for managing symptoms.
- Do It Yourself (DIY) Guides to help you practice those skills.
- Lots of Additional Resources and Case Stories from others.
- Brief weekly contact with a clinician via email and telephone (we also offer the course in a self-guided format without clinician contact).

The Wellbeing Course is delivered over 8 weeks and is designed to provide you with practical information and practical, proven, skills for managing symptoms of different types of anxiety, worry, low mood and depression. The Course aims to provide the information and skills that you would normally receive from a Clinical Psychologist. We hope it will help people to gain better control over their symptoms, improve their confidence and get back to living a full and satisfying life. Importantly, the Wellbeing Course is designed

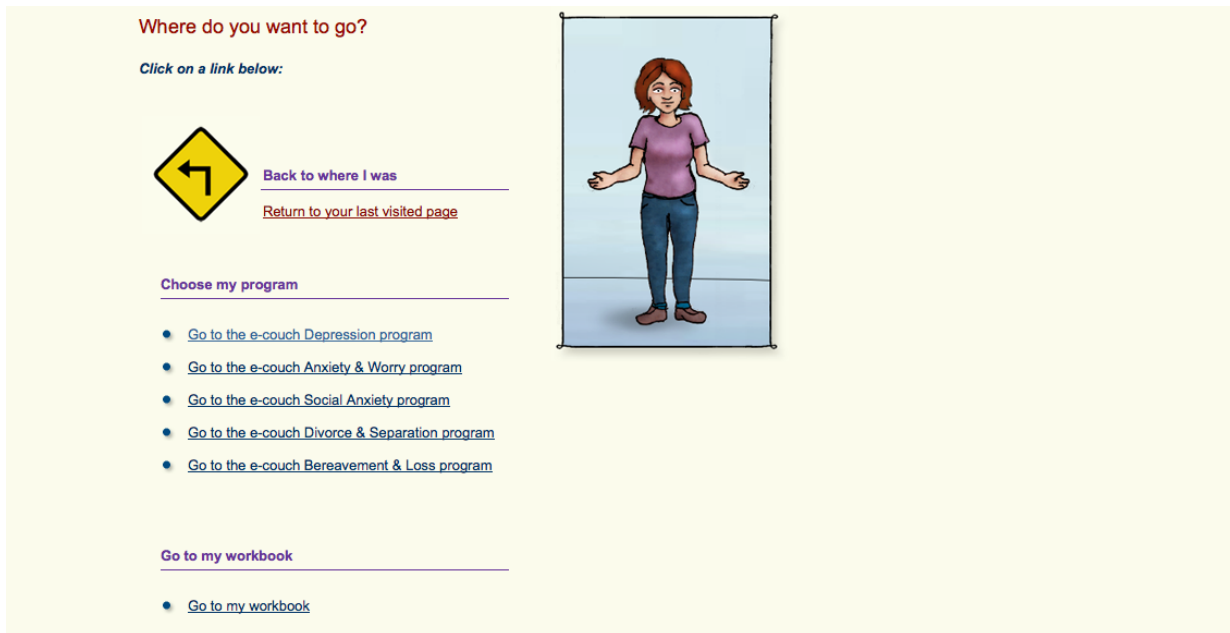
↶ Back to Top



## Wellbeing Course introduction continued.

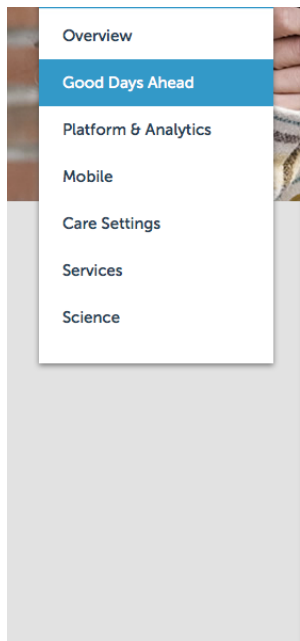


E Couch login page.



E Couch navigation page.





## GOOD DAYS AHEAD

### Flagship Module: *Good Days Ahead*



*Good Days Ahead* (GDA) is Empower's learning module for those managing stress, anxiety and depression. Based on scientifically proven, evidence-based techniques, GDA assists organizations and individuals with achieving optimal wellness and productivity.

The underlying Empower platform generates customized learning experiences in the GDA module for each individual user with content including videos, text, quizzes and interactive exercises.

*Good Days Ahead* can be used either in conjunction with traditional talk therapy (the Clinical Service) or offered as a self-help tool to individuals (the Wellness Service).

### Program Content



The user's experience of the Empower platform is organized into three sections: Learn, Practice, and Progress. Each section is designed to enhance the user's understanding and application of key concepts.

Good Days Ahead program overview.

## Sneller Beter

Wij verzorgen al meer dan twaalf jaar online therapie voor psychische klachten. Effectieve behandeling door een ervaren online psycholoog, waar en wanneer het jou uitkomt. Toch iemand zien? Dat kan ook, op één van onze vestigingen door het hele land.

Interapy is een erkende GGZ instelling.




### Hoe werkt Interapy?

- [NOS uitzending over Interapy](#)
- [Persoonlijk contact](#)
- [Overzichtelijk stappenplan](#)
- [Online en traditioneel](#)

### Ervaringen

- [Cliënten](#)
- [Huisarts](#)

### Voordelen

- [Vergoed door alle zorgverzekeraars](#)
- [Direct aan de slag](#)
- [In eigen tijd en omgeving](#)

### Ik zoek hulp bij:



Interapy welcome page.

login » contact » Delen ↗

# kleurjeleven.nl

Zelfhulp cursus ontwikkeld door psychologen van het Trimbos-instituut

## Bent u vaak somber?

Verbeter uw stemming met het online behandelprogramma Kleurjeleven.nl! Deze cursus volgt u 100% online, met telefonische begeleiding van een psycholoog op afstand.

- Bewezen effectief
- Ontwikkeld door het Trimbos-instituut
- Gevolgd door meer dan 15.000 Nederlanders

**Begin vandaag Doe de zelftest**

### Gratis en geen eigen risico bij:

Zilveren Kruis Achmea / Agis / Avéro Achmea (waaronder Aevitae, Caresco, IAK, Turien&Co, Kettlitz Wulfse) / FBTO / Ikt / Interpolis / OZF Achmea / ProLife / TakeCareNow! / YouCare

Vergoed door de meeste zorgverzekeraars

**Doe de check →**

[Meer info](#)

Home Over deze cursus Over de makers Voor verwijzers Aanmelden [mentalshare](#)

Kleur je Leven welcome page.

## the MoodGYM

TRAINING PROGRAM / Mark III

Learn cognitive behaviour therapy skills for preventing and coping with depression

Select language:

[→](#)

[Technical Requirements](#)

[Frequently Asked Questions](#)

Australian National University

**Seeking immediate help?**

In Australia contact Lifeline: 13 11 14 or Kids Helpline: 1800 551 800  
Local help lines for other parts of the world are listed at [befrienders.org](#).

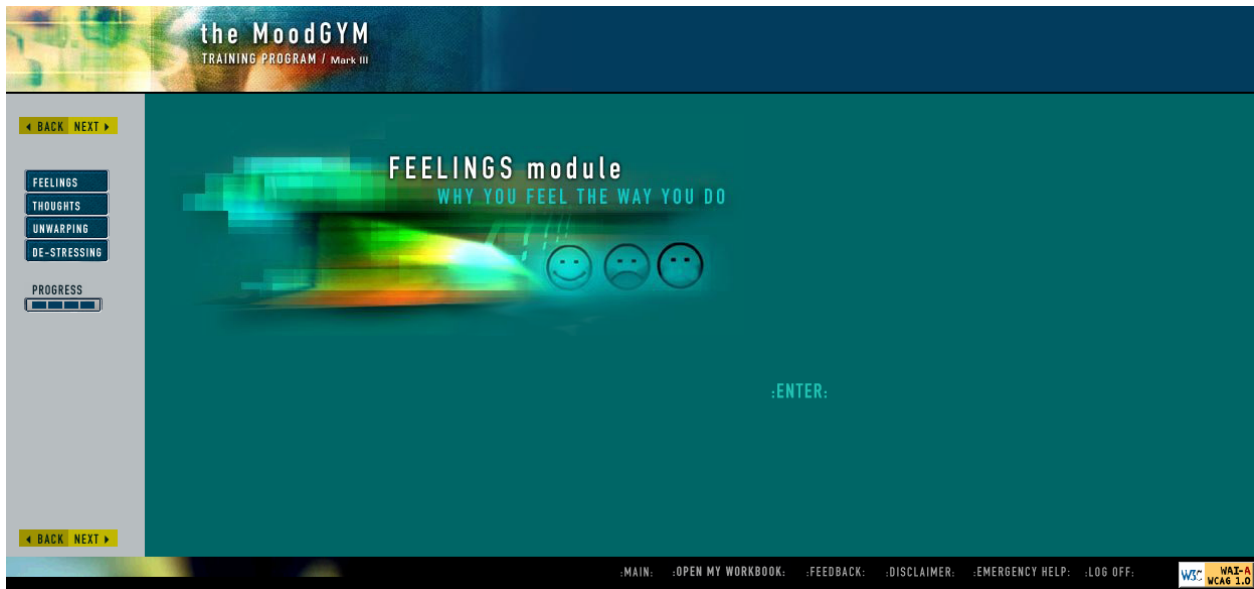
Find out more about e-hub Self-Help Programs for Mental Health and Wellbeing on Facebook [www.facebook.com/ehub.selfhelp](http://www.facebook.com/ehub.selfhelp).

Included in SAMHSA's National Registry of Evidence-based Programs and Practices

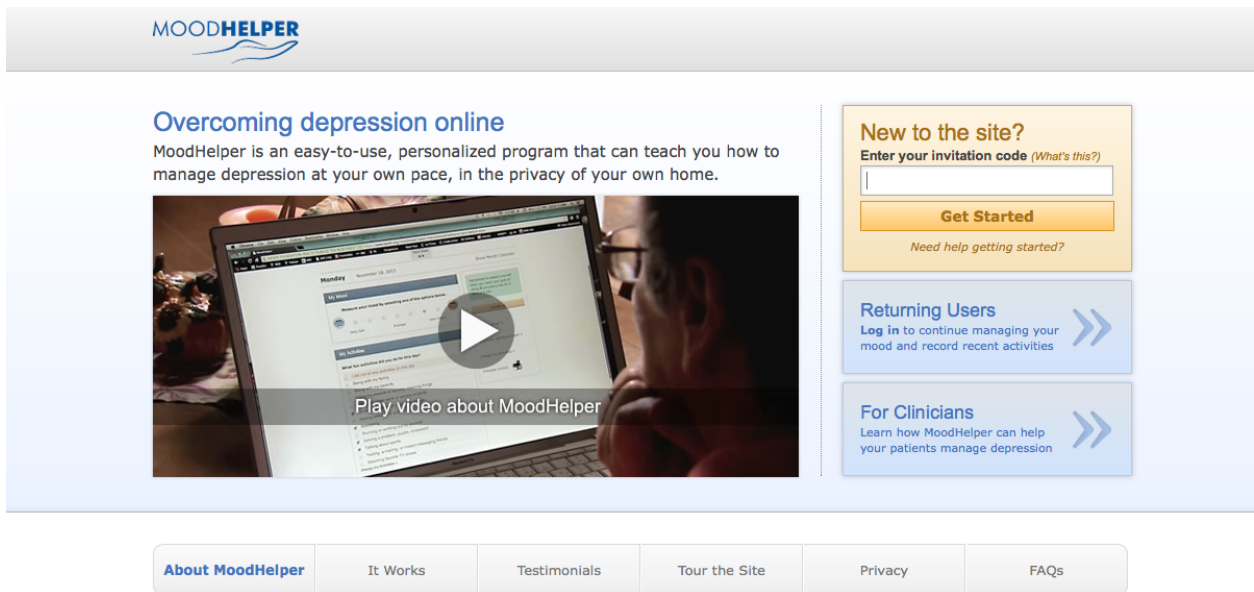
750,000 Registered Users

W3C WAI-A WCAG 1.0

Mood Gym login page.



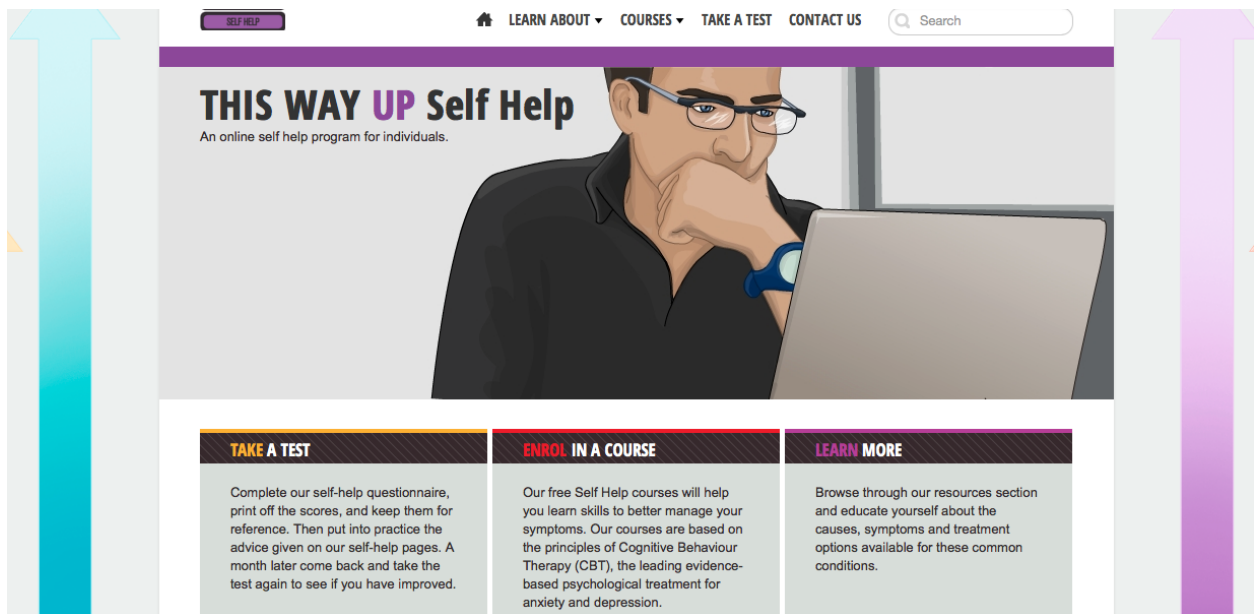
Mood Gym module welcome page.



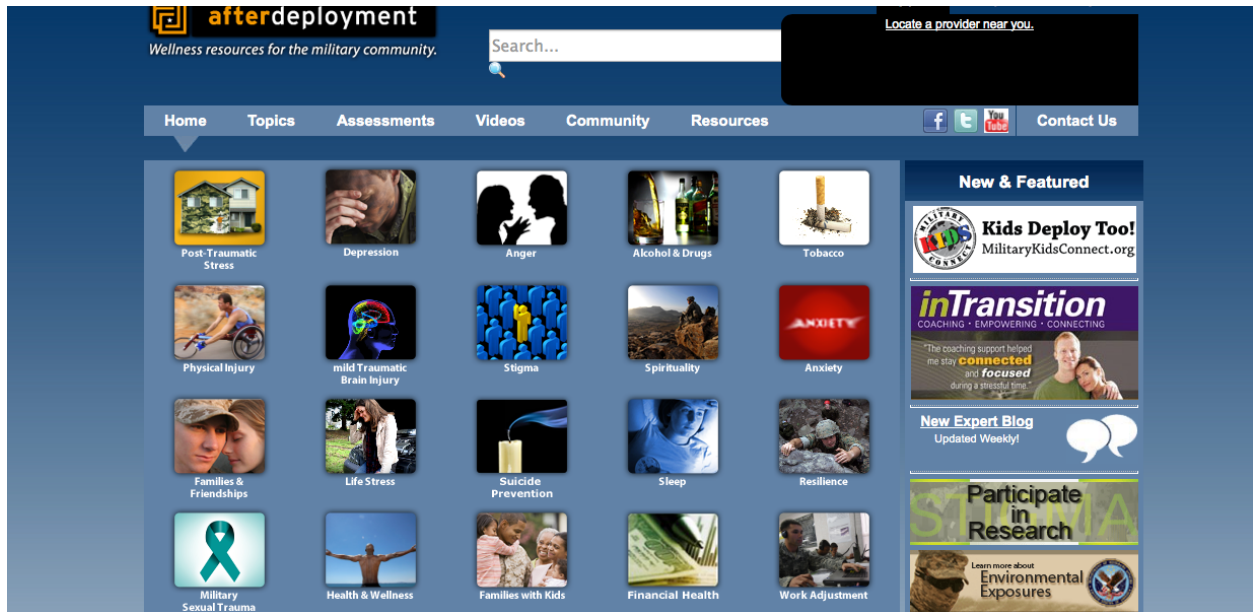
MoodHelper welcome page.



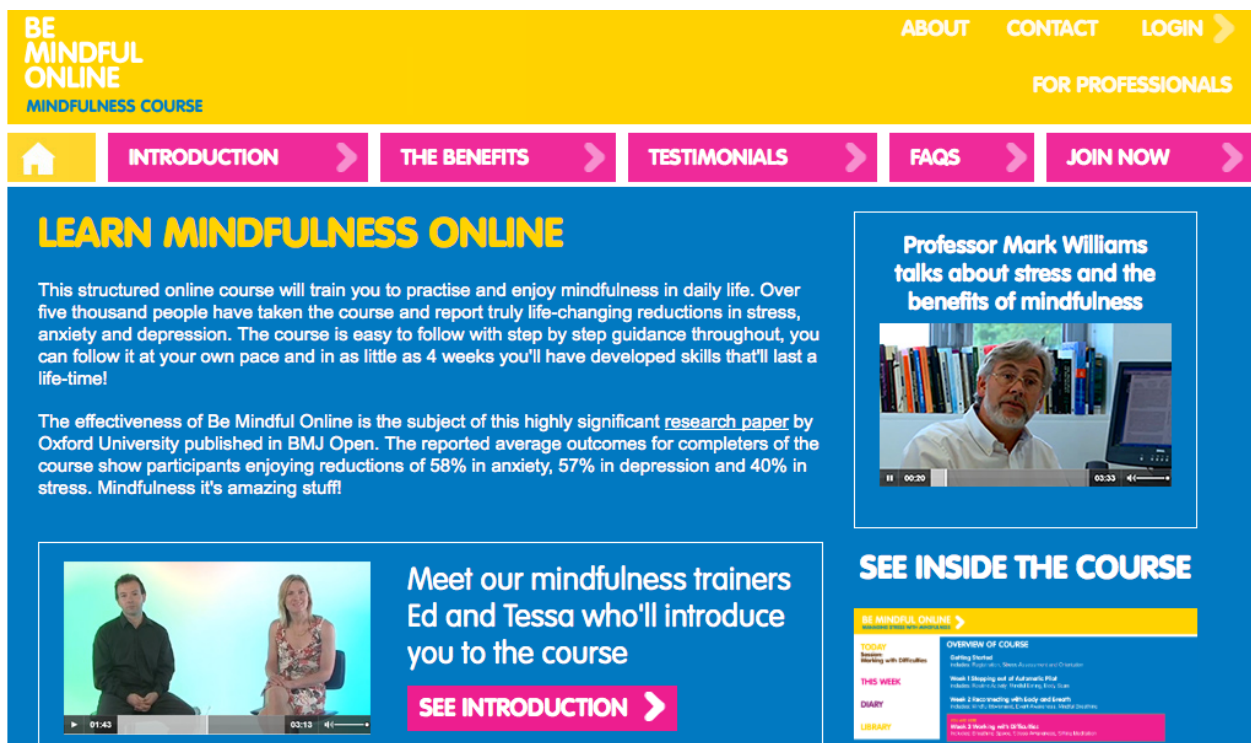
This Way Up welcome page.



This Way Up (Self Help Course) navigation page.



After Deployment home page navigation.



Be Mindful Online home page.



Blue Begone welcome page.

Self-Help Therapy (Mind and Emotions Course) welcome page.



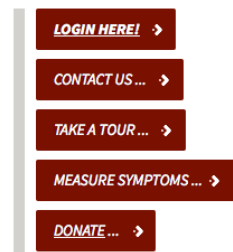


Dealing with Depression welcome page navigation.

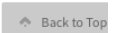


The Mood Mechanic Course is a free online and internet-delivered treatment program designed for young Australian adults aged 18 to 24. It aims to teach practical skills for managing symptoms of stress, anxiety, worry, low mood and depression. We developed The Mood Mechanic Course because many young adults have difficulties with stress, anxiety, worry, low mood and depression. But, many people never access or seek treatment.

The Mood Mechanic Course is being provided as a part of a large *beyondblue* funded project. You can read more about this project [HERE](#).



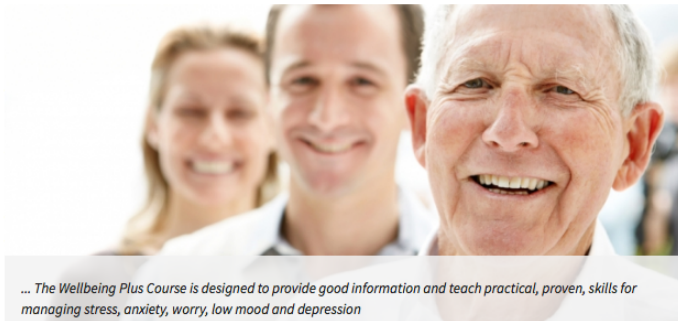
Please like us on Facebook!



eCentreClinic - Mood Mechanic Course overview.

## Wellbeing Plus Course

» Wellbeing Plus Course



... The Wellbeing Plus Course is designed to provide good information and teach practical, proven, skills for managing stress, anxiety, worry, low mood and depression

[LOGIN HERE!](#) →

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[TAKE A TOUR ...](#) →

[MEASURE SYMPTOMS ...](#) →

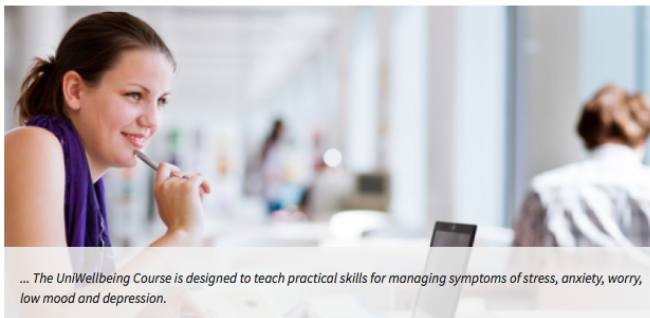
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eCentreClinic - Wellbeing Plus Course introduction page.

## University Wellbeing Course

» University Wellbeing Course



... The UniWellbeing Course is designed to teach practical skills for managing symptoms of stress, anxiety, worry, low mood and depression.

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eCentreClinic - University Wellbeing Course introduction page.

**Internetpsykiatri**  
STOCKHOLMS LÄNS LANDSTING

START BEHANDLING FORSKNING FÖR VÅRDPERSONAL NYHETER OM OSS TRYGG OCH SÄKER VÅRD

## Internetbehandling med KBT

Internetbehandling innebär att du får kognitiv beteendeterapi (KBT) förmedlad via internet. Behandlingen består av textmaterial och övningar att göra på egen hand hemma. Du har också kontakt med en psykolog via internet som hjälper dig genom behandlingsprogrammet.

**De flesta behandlingar är endast tillgängliga för dig som är folkbokförd i Stockholms län.**

Läs mer om våra behandlingar >

### Så här går det till

Här får du en bra översikt av de olika steg som ingår i en internetbehandling. Det finns även en film som visar hur det går till.

Internetbehandlingen steg för steg >

### Mina vårdkontakter

För att kunna påbörja behandling på Internetpsykiatrienheten behöver du logga in på [Mina vårdkontakter](#).

Klicka på 'Övriga Tjänster' och anmäl dig till den behandling du önskar.

Mer information om hur du loggar in på Mina vårdkontakter finns [här](#).

Till Mina vårdkontakter >

Internetpsykiatri welcome page.

**Living Life to the Full**  
...helping you to help yourself

Not yet a member? - [sign-up FREE now](#) | [Log In](#) | [Technical FAQs](#) | [Contact Us](#) | [Escape to BBC](#)

Problems signing up?  
[Report a problem](#)

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[Live LLTTF Stats](#)  
Living Life Shop  
[f](#) [t](#) [a](#)

[Click to play](#)

## Be Happier, Sleep Better, Do More, Feel More Confident

- Why do I feel so bad?**  
This session helps you understand your feelings and what to do about them.
- Try these sample sessions now.**  
Just click one that interests you or fits how you feel.
- I can't be bothered doing anything**  
This session helps you break out of the cycle and start to feel great.
- How to fix almost everything**  
The Four 4-Step Plan -
- 10 things that make you feel happier straight away**  
How to be happier
- I'm not good enough**  
How some other people

Living Life To The Full welcome page.

# Mood Control

*Recover from Depression and Anxiety*



## Let me explain how you can recover from depression and anxiety

Every day sufferers from depression and anxiety are able to reclaim their lives. By following a well designed program of change over a series of weeks. The neural networks that create and maintain depression and anxiety are replaced with normal and natural patterns of feelings, thoughts and behaviors. Retraining your brain like this is a reliable, repeatable and sure way to feeling better, functioning better and regaining your place in the world.

Mood Control welcome page.

### Your 13 week program includes the following Mood Control coaching sessions

- Session One – Getting Started
- Session Two – External Causes
- Session Three – Life Drivers
- Session Four – Low Mood
- Session Five – Bringing it Together
- Session Six – Tolerating Uncertainty
- Session Seven – Control
- Session Eight – Increasing Confidence
- Session Nine – Faulty Thinking
- Session Ten – Attention Bias
- Session Eleven – Negative Thinking
- Session Twelve – Self Esteem
- Session Thirteen – Relapse Prevention


*And that's not all.* You'll also gain immediate access to over **200 audio-visual resources** and a wealth of **downloadable material**. You'll be in the very best hands with my **revolutionary Mood Control CBT system**. I've already seen what this system has done for **numerous patients**. I want to see you have the same results, too.

***"I have worked through all of Dr Purves' excellent Mood Control sessions. I found the material extremely helpful. Time and again the practical explanations and suggestions would strike a real chord with me raising my mood and giving me insight and tools to use on an ongoing basis."***

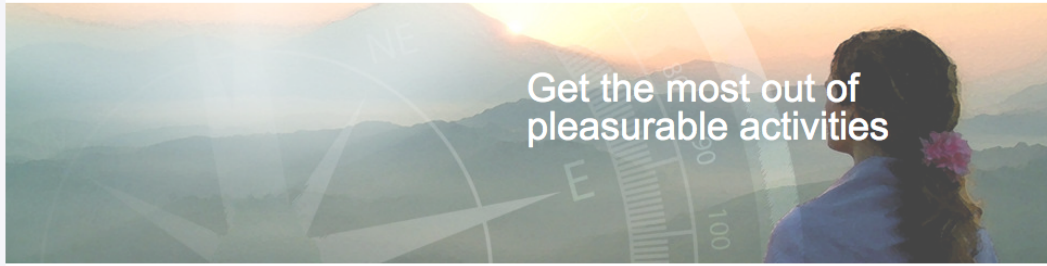
Imagine being able to try out a product without any risk. Now it's a reality!

You can access the Mood Control CBT System for just **\$58 a month**. If after subscribing you are not delighted with how Mood

Mood Control module overview.

myCompass 

HOME HELP



Get the most out of pleasurable activities

**Did you know...**

When you are worried or stressed your thoughts can affect how you feel and what you do, without you even realising it. There's no better way to learn about your thought processes than to write them down. Keeping a diary will help you notice helpful and unhelpful thoughts.

**What is myCompass?**

Nearly half of all Australians aged 16 and over will suffer from some form of stress, anxiety or depression in their lifetime and the numbers are growing.

**myCompass** is an interactive self-help service that aims to promote resilience and wellbeing for all Australians. myCompass is a guide to good mental health – it points you in the right direction. You can track your moods, write about them and view information and tips. You can also choose to do one of the modules designed to help you manage mild to moderate stress, anxiety and depression.

**To get the most out of myCompass** we recommend you:

- track at least 2 moods, feelings or events each day

**Log In**


Email or Mobile Number

Password

[Forgot Password?](#)

**Submit**


myCompass welcome and login page.



peace of mind in a stressful world

Location: home

*Welcome.*



Test Yourself

myRay Tour

Quick Overview

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Comments

Articles

Dr Michael Benjamin


My Doctor Explains

My name is Dr. Michael Benjamin. I have more than thirty-five years' experience in clinical psychiatry.

I have developed a [free, online Computerized Cognitive Behavioral Therapy](#) program called **myRay** to help you cope with [depression](#), [anxiety](#), [stress](#) and [panic attacks](#). These conditions spoil your quality of life and that of everyone near to you.


My intended goals with myRay are to make Mental Health Care more accessible and convenient for all, supplying free, online information, diagnosis, treatment and management techniques. Maintaining the highest clinical and professional excellence and ethical norms, **myRay** aims to be innovative and imaginative.

To discover more, take the [myRay tour](#) or the [quick overview](#) to see what myRay can do for you...




Dr. Michael Benjamin.

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Has myRay helped you? Please **help us to help more people**

**Click here** to make a donation...



**Free test**

Take your free test and receive my free recommendations for you. [Click here...](#)

**Free tour**

Take your free tour to see how I can help you to cope better. [Click here...](#)

**Quick tour**

Get a quick introduction to myRay. If needed download the [Powerpoint viewer](#). [Click here...](#)

**Free white paper**

Read my white paper on internet therapv. [Click here...](#)

myRay welcome page.



## One in four American adults will have a mental health problem this year.\*

\* Source: NIH

### How does this work? »

We provide therapy over the Internet via videoconference. You can see and hear your therapist in real time!

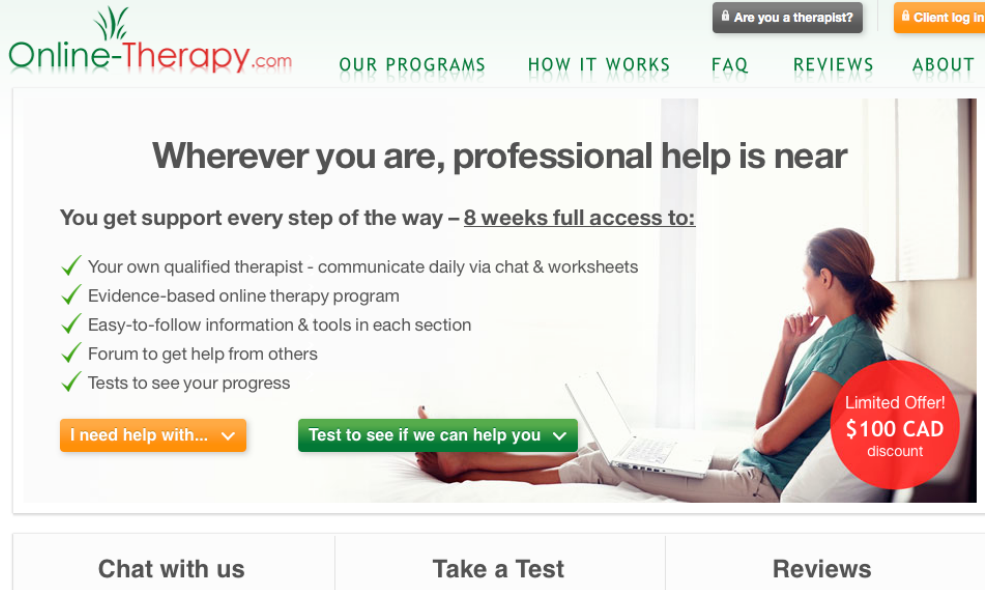
### Meet our therapists »

We hire only fully licensed therapists. Meet them and review their CVs and qualifications before you commit.

### Learn about disorders »

Everyone is unique and we all see a therapist for different reasons. Click here to learn more about some of the conditions we treat.

National Stress Clinic welcome page.



Online-Therapy.com

Are you a therapist? Client log in

OUR PROGRAMS HOW IT WORKS FAQ REVIEWS ABOUT

## Wherever you are, professional help is near

You get support every step of the way – **8 weeks full access to:**

- ✓ Your own qualified therapist - communicate daily via chat & worksheets
- ✓ Evidence-based online therapy program
- ✓ Easy-to-follow information & tools in each section
- ✓ Forum to get help from others
- ✓ Tests to see your progress

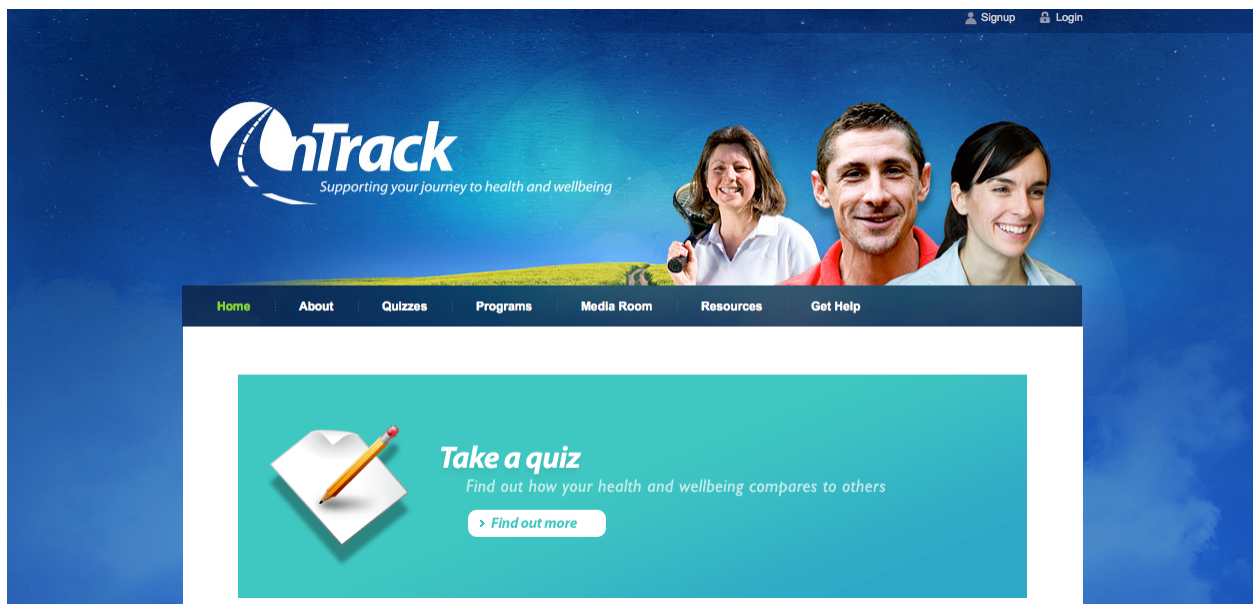
I need help with... ▾ Test to see if we can help you ▾

Limited Offer!  
**\$100 CAD**  
discount

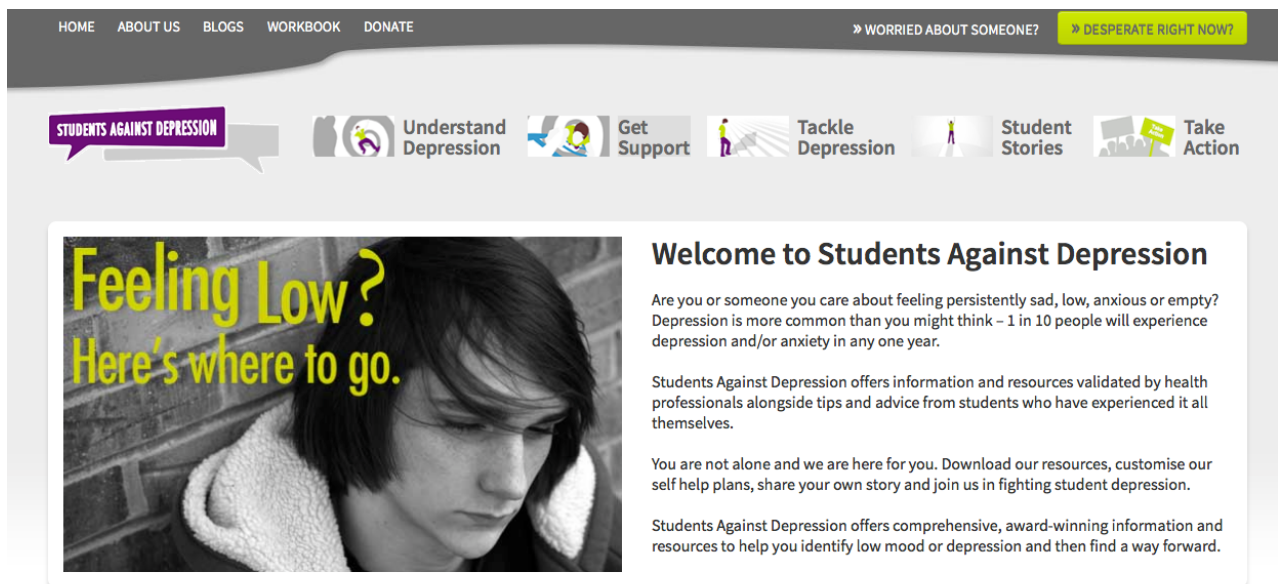
Chat with us Take a Test Reviews

Online-Therapy welcome page.

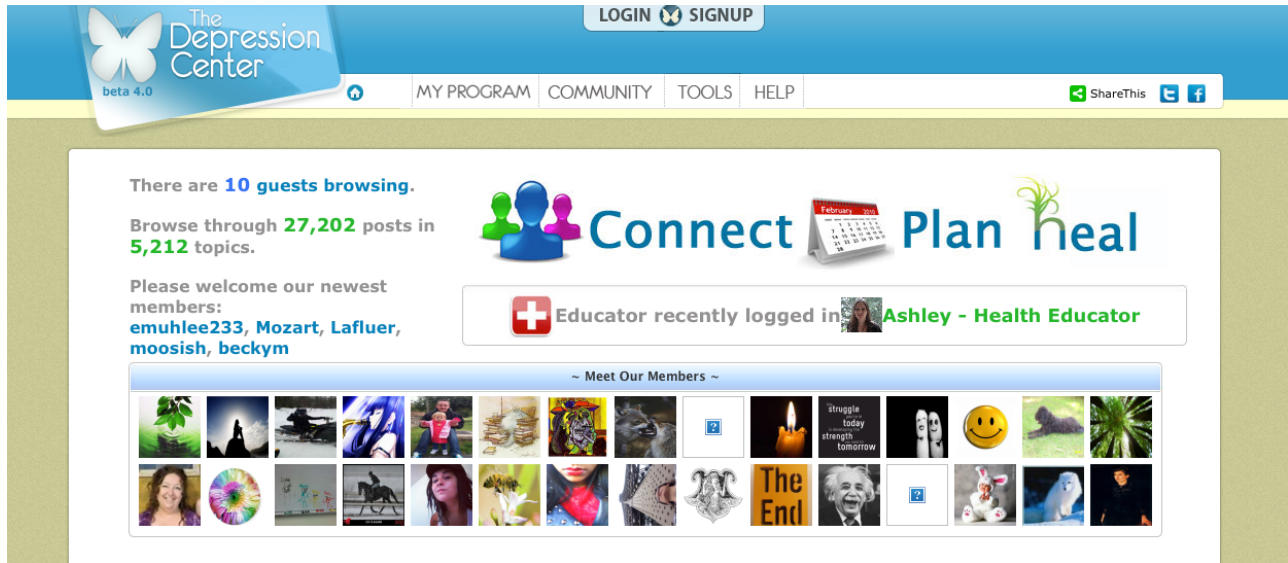




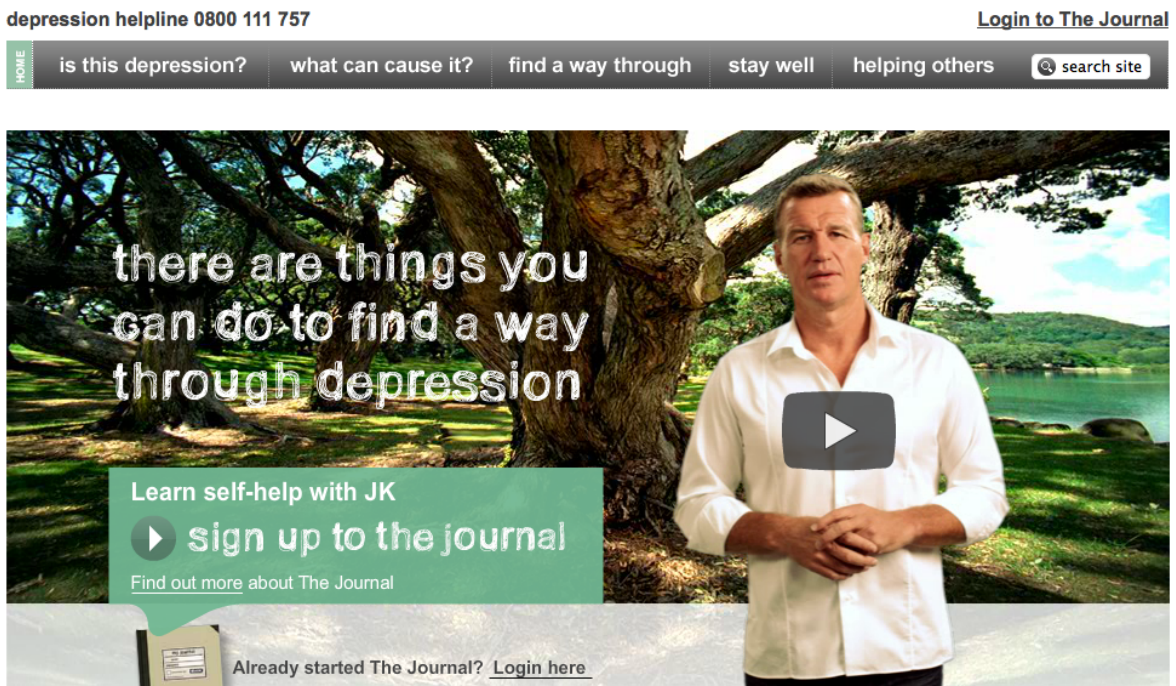
OnTrack welcome page.



Students Against Depression welcome page.



The Depression Center welcome page.

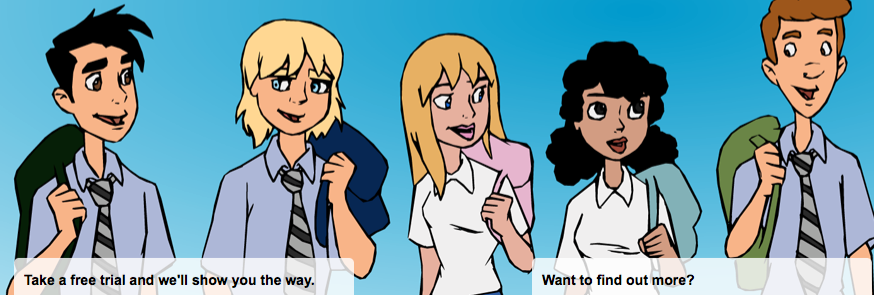


The Journal welcome page.



## THIS WAY UP Schools

An internet-based learning system that provides health and wellbeing courses for school students.



This Way Up - Schools course welcome page.