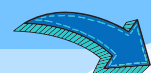




Maintaining?

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](#).

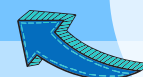


Taking action?

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.

Which stage are you?

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

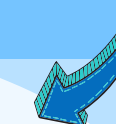


Contemplating?

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](#).

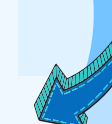
We put [privacy and cybersecurity](#) first to protect our users data.



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!

THIS WAY UP ↑↑

thiswayup.org.au