

# Our services

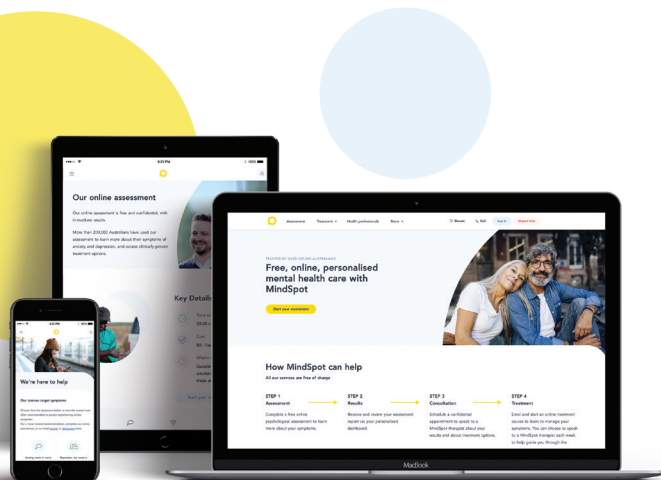
## Assessment

Our assessments help people understand their symptoms and connect with treatment and support. Once you have completed our online assessment, you can access your personal dashboard to review your results or enrol in treatment.

You can also book a call to discuss your assessment results and next steps with our therapists. They can help you to enrol into a MindSpot treatment, or access other support services.

## Treatment

We offer free online courses and telephone treatment for Australians aged 18 years and older. Our treatments are designed to help people understand their symptoms and learn practical skills to manage them, including access to regular support from a therapist.



# Start your free assessment with us today at:

[mindspot.org.au](https://mindspot.org.au)



# Feeling low, stressed or anxious?

**MindSpot can help.**

If you have any questions about our service, please call **1800 614 434**

**MindSpot is not a crisis service. If you are feeling suicidal or need urgent help please phone:**

Lifeline **13 11 14**

Suicide Call Back Service **1300 659 467**

Emergency services **000**

# MindSpot

MindSpot is funded by the Australian Government

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# MindSpot

**Online and telephone treatment for anxiety and depression**

# About MindSpot

MindSpot is a free, digital mental health clinic for Australians.

We provide online assessment and treatment to adults experiencing anxiety, depression, OCD, PTSD, and chronic pain.

In 2012, MindSpot began with a goal: to ensure that every Australian could access high quality mental health care—when and where they need it. Today, we support more than 30,000 Australian adults every year with our clinically-proven online and telephone services.

Many people have struggled with symptoms for years before reaching out, and many can't access traditional services due to stigma, shame, or because services just aren't available.

After completing one of our flexible courses, most people see a 50% reduction in the severity of their symptoms. And over 95% of people say they would recommend MindSpot to a friend.



## Our treatment courses

MindSpot provides world-class treatment through online courses (which are completed online, with optional telephone support from a therapist), as well as a teletherapy program (telephone-only treatment provided by a therapist).

TREATMENT	WHAT'S INVOLVED	FOR AGES	DELIVERY
<b>Teletherapy</b>	Telephone therapy with a mental health professional to learn skills for coping with the difficulties of daily life, which may be contributing to symptoms of anxiety and depression	Adults aged 18 and above	<ul style="list-style-type: none"><li>Up to four telephone sessions, weekly or fortnightly</li><li>Schedule appointments at a time which suits you</li></ul>
<b>Wellbeing Course</b>	Skills to manage anxiety, stress, worry, low mood and depression	Adults aged 26–65	<ul style="list-style-type: none"><li>Eight-week treatment courses delivered online or via workbook</li><li>Schedule regular appointments with your therapist, reach out when you need support, or complete the course independently</li></ul>
<b>Wellbeing Plus Course</b>	Skills for older adults to manage stress, anxiety, worry, low mood and depression	Adults aged 60 and above	
<b>Mood Mechanic Course</b>	Skills for young adults to manage anxiety, stress, worry, low mood, and depression	Adults aged 18–25	
<b>Indigenous Wellbeing Course</b>	Culturally adapted skills for Indigenous Australians to manage anxiety, stress, low mood, and depression	Adults aged 18 and above	
<b>OCD Course</b>	Skills to manage intrusive thoughts and compulsive behaviours	Adults aged 18 and above	
<b>PTSD Course</b>	Skills to manage anxiety and low mood following traumatic experiences	Adults aged 18 and above	
<b>Pain Course</b>	Skills to manage the impact of pain on day-to-day life and emotional wellbeing	Adults aged 18 and above	
<b>Chronic Conditions Course</b>	Skills to help manage the impact of living with a chronic physical health condition and improve overall wellbeing	Adults aged 18 and above	

