



Online assessment and treatment for anxiety and depression.

About the MindSpot Clinic

Thank you for your interest in the MindSpot Clinic. The MindSpot Clinic provides free assessment and treatment to Australians experiencing anxiety and depression.

We deliver our services remotely, which means people can conveniently access assessment and treatment online. We can also refer you to local services that can help.

We hope that we can be of service to you. We look forward to hearing from you.

Kind regards,

The MindSpot Clinic Team

We provide services to people in every state and territory in Australia. Here is a snapshot of the people who use our service:

- About 40% of people have never spoken to a health professional about their symptoms
- Another 30% haven't spoken to a health professional for an average of 4 years
- The ages of people using our service range from 18 up to 95 years of age... and counting.
- More than 1 in 3 people using our services live outside major cities in Australia

To find out more about our services, visit our website at www.mindspot.org.au or call us on **1800 61 44 34**.

The MindSpot Clinic Services

We offer free services:

1. Screening Assessment and Recommendations

We provide online and telephone assessments at the MindSpot Clinic. These assessments help you to understand your symptoms and about the different treatment options available. We will send you a summary of your results and send copies to any health professionals you nominate. After an assessment, our MindSpot therapists will help you locate and access services that can help. Or, you can choose to do a MindSpot Clinic treatment course.

2. MindSpot Clinic Treatment Courses

We offer six treatment courses designed for Australian adults. These courses are designed to provide good information about symptoms. The courses also teach practical, proven skills for overcoming symptoms. 95% of people in these courses report it was worth their time and that they would refer a friend, and most made good clinical improvements.

To start an assessment, or to find out more about the MindSpot Clinic services, visit our website, www.mindspot.org.au, or telephone **1800 61 44 34**.

The Six Treatment Courses are:



The Wellbeing Course

This treatment course helps people learn to manage stress, anxiety, worry, low mood and depression. It is designed for adults aged 26–65 years of age.

The Wellbeing Plus Course

This treatment course helps people learn to manage stress, anxiety, worry, low mood and depression. It is designed for adults aged 60+ years of age.

The OCD Course

The OCD Course is designed to help people experiencing distressing obsessions and/or compulsions to manage their symptoms. It is designed for adults over 18 years of age.

The PTSD Course

The PTSD Course is designed to help people who have experienced a trauma to learn to manage their symptoms. It is designed for adults over 18 years of age.

The Indigenous Wellbeing Course

This treatment course is a culturally adapted course for Indigenous Australians. It aims to empower Indigenous Australians over 18 to manage their core symptoms of stress, anxiety, worry, low mood and depression.

The Mood Mechanic Course

This treatment course helps young adults learn to manage stress, anxiety, worry, low mood and depression. It is designed for adults aged 18–25 years of age.

Important Information about MindSpot Treatment Courses:

- Each treatment course takes 8 weeks
- There are 5 lessons in each course
- Materials can be accessed online or via post
- The courses are designed to teach people practical, proven skills for managing symptoms with support from a trained and friendly therapist



What Will You Learn?

Each course is designed to teach you:

- How your symptoms of anxiety and depression create destructive cycles, how to recognise those cycles, and how to start to break them
- How to manage your physical symptoms of anxiety and low mood, including panic, tension and exhaustion
- How to overcome your cycles of avoidance and fear, and how to gradually and safely learn to confront the things you avoid
- How to break cycles of destructive thinking and keep your thoughts realistic and helpful
- How to communicate more effectively with others

PLEASE NOTE: Recovery takes commitment and hard work. People have told us they need to spend at least 4 hours each week on the Course to get the most benefit. The MindSpot Clinic is not a crisis service. If you require urgent assistance please call Lifeline on 13 11 14, or in a emergency, call the emergency services on 000.

Want to know more?

Please don't hesitate to contact us with questions:



What Will You Do?

In order to benefit from the course you will have to:

- Read or review lessons once or twice each week
- Practice skills taught in the lessons and resources
- Read stories about how other people use the skills to manage their symptoms and how they overcome the hurdles to recovery
- You can choose to receive regular support from a friendly MindSpot therapist

The MindSpot therapist will:

- Guide you through the course and answer your questions
- Contact you briefly each week via secure email or telephone
- Help you learn and practice new skills
- Help motivate you and share what others have found helpful
- Help you overcome some of the barriers to managing symptoms of anxiety and depression

Email: contact@mindsport.org.au

Phone: **1800 61 44 34**

Our Partners

