

Depression Online Program



The Depression Online Program is a free, 11-module, self-paced program based on the gold standard psychological therapy for Depression: Cognitive Behavioural Therapy (CBT). This program is appropriate for anyone experiencing low mood (not just those with a diagnosis of Major Depressive Disorder) and aims to help clients understand the nature of depression and learn strategies to manage low mood.

There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information, videos, worksheets, audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our **Therapist Assist Program**, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets to use with clients in your practice.



Behavioural Interventions

Activity Planning
(Modules 2)

Relaxation
(Module 4)

Mindfulness
(Modules 10)



Cognitive Interventions

Thinking Styles 1
(Modules 6)

Thinking Styles 2
(Module 7)



Lifestyle Interventions

Exercise and Nutrition
(Modules 3)

Improving Sleep
(Module 5)

Problem Solving
(Module 8)

Relationships and Social Support
(Module 9)



Some clients don't notice the benefits of activity planning straight away – support them by reminding them that persistence and practice is key.



Help clients to apply what they're learning to real life scenarios, for example, using mindfulness while in traffic or adding exercise as part of their commute



Some clients find mindfulness difficult to understand and practice – support them by reminding them that the focus is on the present rather than on a mind empty of thoughts.

Module 1 - What is depression

Psychoeducation about depression symptoms, treatments, and causes, as well as the cycle of depression.

- Introduction to the program
- Understanding the symptoms and causes of depression, treatments, and the cycle of depression,
- Learning to monitor depressive symptoms and experiences



Depression profile

Modules 2 - Activity Planning: Getting the balance right

Introduces goal setting, the benefits of activity planning for improving mood, and steps for activity planning.

- Understanding the link between activities and increasing energy and motivation
- Developing an activity plan
- Overcoming barriers to activity planning



Activity Planning Worksheet



SMART goals

Module 3 - Nature's antidepressant: Exercise and nutrition

Explores the role lifestyle factors play in maintaining or managing mood through the triangle of health – including improving eating habits and increasing exercise.

- Understanding the importance of good nutrition on psychological health
- Becoming more physically active, overcoming barriers to exercising



Food Diary



Physical activity worksheet

Module 4 - Relaxation

Discusses the link between anxiety and depression – learning to let go of tension and turn off the fight-or-flight response.

- Understanding the link between depression and anxiety, and the relaxation response
- Practicing relaxation strategies



Slow / Mindful breathing



Progressive muscle relaxation



Mindfulness meditation

Module Content



Worksheet



Practice Exercise

Module 5 - Improving Sleep



Introduces the role of sleep in depression and strategies for improving sleep habits.

- Psychoeducation on the link between sleep and depression
- Habits and strategies to improve sleep



Sleep Diary

Module 6 & 7 - Thinking Styles



Explores the role of unhelpful thoughts, assumptions and beliefs, and introduce strategies to challenge these and create more realistic alternatives.

- Understanding the relationship between thoughts, feelings and behaviours
- Identifying and learning strategies to challenge unhelpful thinking styles, assumptions, and beliefs



Thought Diary



Identifying and challenging my negative thinking

Modules 8 - Problem Solving



Explores how problem solving can support recovery from depression and introduces steps to problem solving.

- Understanding problem solving and its benefits for improving depressive symptoms
- Learning techniques to problem solve



Problem Solving Worksheet

Module 9 - Relationships and social support



Focuses on the role relationships and social support play in maintaining or improving depression, and introduces strategies to increase social support

- Learning techniques to communicate effectively
- Exploring ways to increase social activities
- Managing barriers to social support



Activity Planning Worksheet

Module 10 - Mindfulness



Explores mindfulness and its benefits for depression and health, and introduces some key mindfulness exercises

- Understanding mindfulness and its benefits
- Exploring the “thinking” and “being” gears
- Incorporating being mindful and present in everyday activities



Mindfulness Diary



The White Bear Exercise

Module 11 - Keeping on Track

Introduces strategies to reduce the likelihood of depression recurring and to cope with depressive relapses

- Exploring core strategies for relapse prevention
- Identifying warning signs and discussing helpful strategies explored throughout the program
- Preparing for and overcoming challenges and setbacks



Setting goals for the future