


# BETTER BRAINS BETTER BODIES BETTER AGEING



An initiative by the Eastern Suburbs Older Persons Mental Health Service,  
Prince of Wales Hospital



**How can the internet  
make me mentally  
healthier?**

The background features a decorative design with wavy, organic shapes in shades of orange and pink. A halftone dot pattern is visible in the lower-left and bottom-center areas, transitioning into solid colors.

**Put your hand up if  
you recognize what  
sound this is**



# Dialing Progress



**1. The internet helps  
keep us connected**



**2. The internet helps  
keep us entertained  
and our minds sharp**









**3. The internet  
provides assessments  
and treatment for our  
mental health**

# Check Your Scores

This questionnaire, known as the 'K10', will evaluate your current level of psychological stress and wellbeing.

*During the past 2 weeks...*

About how often did you feel tired out for no good reason?

None of the time

A little of the time

Some of the time

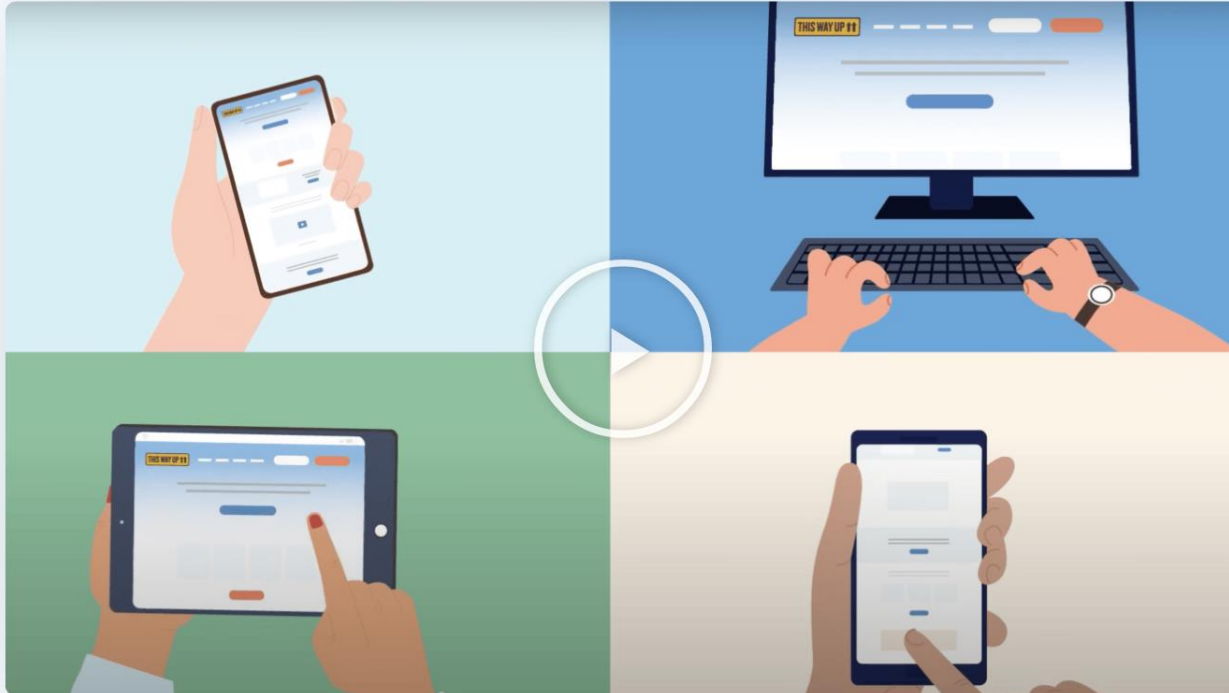
Most of the time

All of the time

Question 1 of 10

If you

lick



HERE IS HOW WE CAN HELP

## Discover step-by-step strategies for managing stress, anxiety and low mood

Our range of tailored online programs are designed to teach you proven psychological skills to transform your thoughts, feelings, and behaviours so you can make a positive change in your life.

[Explore Online Programs >>](#)



## Is this service for me?

What health conditions does this service offer help with?

moodgym is an interactive self-help program for preventing and coping with depression and anxiety. moodgym teaches self-help skills drawn from cognitive behaviour therapy.

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Who is this service intended for?

Individuals aged 16 years or older who would like to prevent mental health problems or manage problems which are troubling but not incapacitating.

The moodgym [Terms of Use](#) require that users are aged 14 years or older, and that users from the USA are aged

## How is this service delivered?

moodgym consists of five online interactive modules which are completed in order. As you progress through moodgym, you will be asked to answer questions about your feelings and thoughts and the program will provide feedback about your results. Many of the exercises are optional (although we encourage you to complete all of them!). However, some quizzes must be completed before you can progress through the program.

At the end of each module, a summary is available and can be printed out. You also have access to a workbook module where you'll find all the exercises and quizzes that you encounter throughout the program.

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## Are health professionals involved in

A person wearing a dark blue hoodie is sitting at a desk, looking at a laptop. The person's face is obscured by the hood. The background is dark and smoky. Several white text labels are connected to the person by thin white lines. The labels are: 'IDENTITY' (top left), 'PASSWORD' (middle left), 'BANK' (bottom left), 'USERNAME' (top right), 'ACCOUNT' (middle right), 'HACK' (bottom right), and 'SPY' (bottom right).

**USERNAME**

**IDENTITY**

**ACCOUNT**

**PASSWORD**

**HACK**

**BANK**

**SPY**

**Not afraid  
but cautious**

## **Tip #1:**

**Do not do anything if  
you feel pressured to  
do it**



**Most of the time, we  
fall into these traps  
when we panic**



# WARNING!

## SYSTEM MAY HAVE DETECTED VIRUSES ON YOUR COMPUTER

System May Have Found (2) Malicious Viruses: *Rootkit.Sirefef.Spy* and *Trojan.FakeAV-Download*. Your Personal & Financial Information **MAY NOT BE SAFE**.

**For Help Removing Viruses, Call Tech Support Online Right Away:**

**1(855) 970-1892**

(TOLL-FREE, High Priority Call Line)

## **Tip #2:**

**Explore new things with  
friends and family you  
trust**

**Take your time, go at  
your own pace, and  
enjoy what the  
internet has to offer!**



**Thank you!**

