



A quick guide to using Just a Thought courses in practice

Just a Thought courses provide people with access to online cognitive behavioural therapy that is free, immediately and flexibly accessible and evidence based. Each course provides an effective treatment option for people who may be experiencing mild-to-moderate depression and anxiety. Courses are designed to provide the same essential information and skills people would access in face-to-face therapy to help people identify and work with unhelpful thoughts and behaviours they might regularly get stuck with.

We want to support you to make it easier to offer people effective help using our courses, therefore we thought we would produce this quick guide to get you started.

This quick guide is designed to help you:

- Assess interest and motivation for using online tools through simple screening questions
- Enhance people's motivation and optimism for online tools
- Identify different ways to support people using Just a Thought courses in practice



Assessing interest and motivation for use of online therapy tools

Below are examples of two simple questions that can help you gauge interest and willingness to try an online tool like Just a Thought.

Question one

“Are you interested in learning practical skills you use to cope with some of the difficulties you are facing?”

Question two

“Would you be open to trying an online course you can use at home?”

Boosting motivation and optimism

Motivation to commence self-directed learning can be a challenge. However, we know that the majority of people who commit to and complete a Just a Thought course experience improvements in how they feel. Sometimes what is needed at the start is a little push in the right direction and that's where you can help. We've provided some statements and information you can be use to help boost motivation and a sense of hope and inform people on what to expect when using the tool.



“Research shows 80% of people that complete a Just a Thought course improve their wellbeing”.

“The courses are based one of the most effective therapies, cognitive behavioural therapy or CBT”.

“CBT helps teach you how to understand yourself better and identify real changes you can make to improve your wellbeing”.

“There is no need to wait for help, the courses are immediately available”.

“Research shows people can experience the same level of improvement they would if they were seeing a therapist for face-to-face help”.

“The courses are free and available to access 24/7”.

“You can work through the courses at your own pace and do them by yourself or seek support from a health professional”.

“You can revisit the content anytime you need to”.

Options for accessing Just a Thought courses



Independent self-help option

Benefits

- Allows complete user privacy during engagement in courses
- Helpful approach for services where no ongoing support is provided

Steps for offering this option

- Simply provide the website address for direct access via www.justathought.co.nz
- Option: Suggest a course based on the person's presenting difficulties and support



Prescribed and supported option

Benefits

- Allows greater follow-up and oversight of progress and outcomes over duration of a course
- Evidence shows follow-up support improves adherence
- Most helpful option when distress may be higher and/or motivation lower and engagement more challenging

Steps for offering this option

- Healthcare worker required to register on Just a Thought website
- Courses can then be 'prescribed' from the Healthcare worker dashboard
- Email automatically sent prompting user registration prior to commencement
- Discuss options for regular follow-up during course to provide motivation and support

*** Please be aware Just a Thought is an unmonitored service and takes no clinical responsibility for people utilising its courses. You must rely upon your own judgement as to whether the Just a Thought courses will meet the needs of people you are supporting. For further information please see our terms and conditions on our website.*