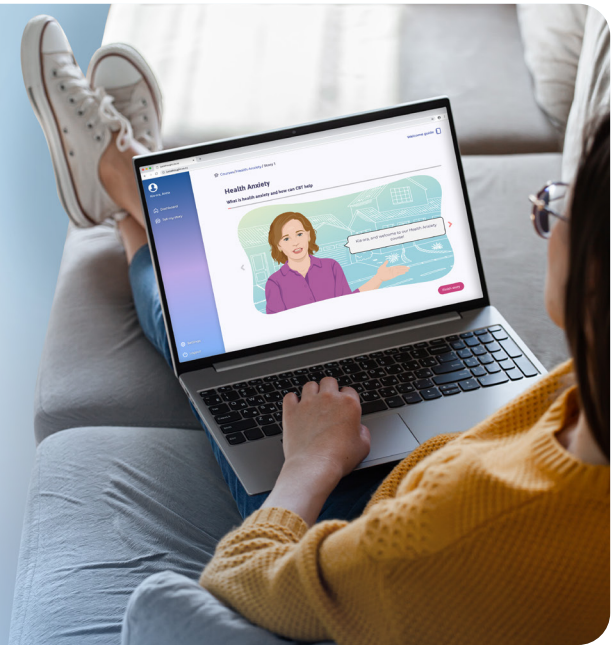
just a thought®
.co.nz

free online therapy courses

Support for your mental health. Anytime. Anywhere.

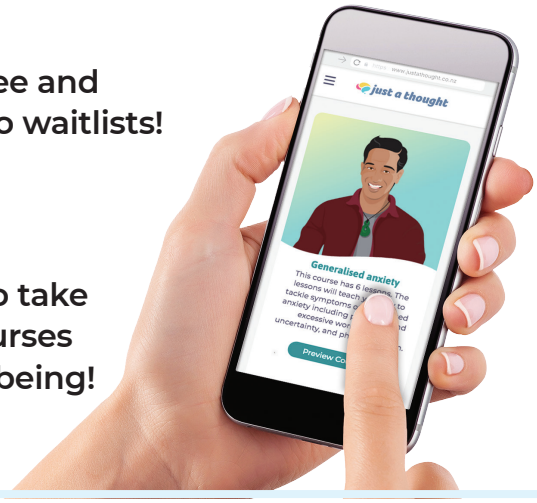
When life gets tough, ***Just a Thought*** can give you the skills to manage your thoughts and feelings. Developed by clinicians and researchers, ***Just a Thought*** offers free online therapy courses that are easy to use and proven to work.



Why online therapy with Just a Thought?

No cost
Our courses are free and available online. No waitlists!

Effective
80% of people who take one of our free courses improve their wellbeing!



Convenient
Let our courses work around your busy life.

Private
Take charge of your mental health your way!

Try a FREE course today **justathought.co.nz**

just a thought®
.co.nz

free online therapy courses

Courses available:

- Generalised Anxiety course
- Depression course
- Mixed Depression & Anxiety course
  also available in NZ Sign Language
- Social Anxiety course
- Managing Insomnia course
- OCD course
- Health Anxiety course
- Overcoming Panic course
- Pregnancy Wellbeing course
- Postnatal Wellbeing course
- Staying on Track, a guide to support stress & wellbeing
  also available in NZ Sign Language



Try a FREE course today **justathought.co.nz**