Free

Good mental health for all Kiwis, always completely free.

Convenient

Support for anxiety, depression and other issues–anytime, anywhere.

Private

Improve your mental health in complete privacy.

Proven

80% of people who complete a course improve their mental wellbeing.

just a thought

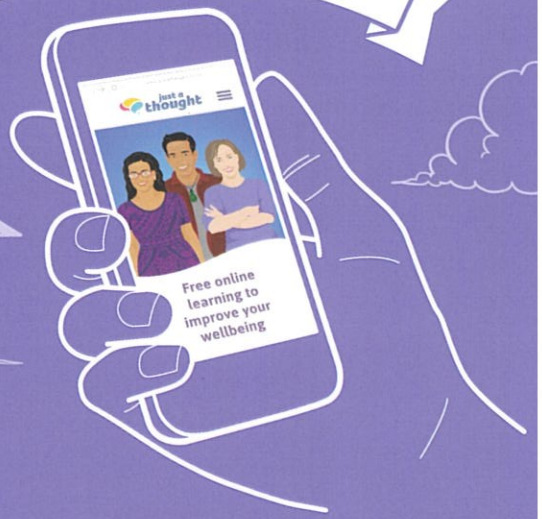
Let's connect...

/justathoughtnz

justathought.co.nz

just a thought

FREE online therapy for all NEW ZEALANDERS



justathought.co.nz



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.

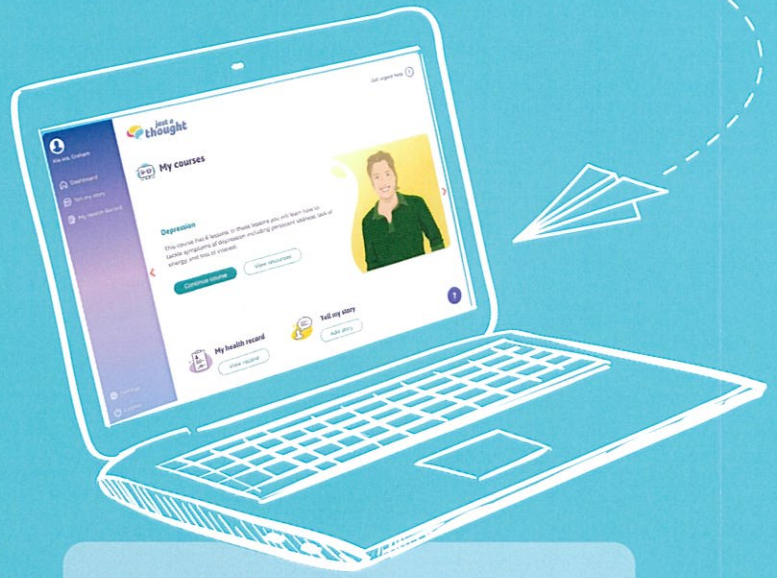
What is CBT?

Just a Thought uses Cognitive Behavioural Therapy (CBT), based on the connection between our thoughts, feelings and behaviour. It is proven to increase mental wellbeing and help people feel better.



Follow our stories

For each course, follow our illustrated stories and practical lessons. They'll help you understand your thoughts, improve your feelings and create positive change in your life.



Tips and tools

Help improve your sleep, boost motivation, communicate better, challenge your thoughts and more.

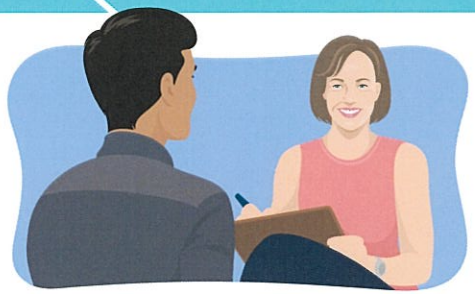
Put it into practice

Useful practice exercises, coping strategies and action plans will help you put your new skills into practice.

Track progress

Questions at the beginning of each lesson will help you track your mental wellbeing.





Need support?

Anyone can sign up–all you need is internet access. If you'd like some extra help, ask your GP or health professional to support you through the courses.

Try a FREE course today

justathought.co.nz