



## Online Therapeutic Resources



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### *Welcome to moodgym*


moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

-  Over 1 million users worldwide
-  Anonymous, confidential
-  Secure handling of your data
-  Access anytime, at your own pace
-  Scientifically evaluated

[New users register here](#) [Frequently Asked Questions](#)

 See [Emergency help](#) if you are in crisis or need immediate help.

Looking for other languages?

- ▶ German available at [moodgym.de](http://moodgym.de) 
- ▶ Norwegian, Dutch, Chinese and Finnish no longer available - see [FAQ](#)

Guille, et.al, JAMA Psychiatry, 2015