**Name of service/organisation –**

Mood Gym

**In around 50 words, what does your service provide?**

Mood Gym 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. Visit their website at moodgym.com.au/ for more information.

**Target group**

Depression and Anxiety.

**Referral process**

Online

**Location/s**

Online

**Contact**

**https://moodgym.com.au/**

**Extra contact details**