

# e-Mental Health: what you need to know

Science.  
Compassion.  
Action.



Many patients with psychological and mental health problems do not get the help they need. Early and appropriate intervention at a primary care level can improve quality of life and even save lives.

eMH resources help primary care practitioners match the level of care to the severity of illness. They can ensure that people, who would not otherwise get help, have the best chance of recovery.

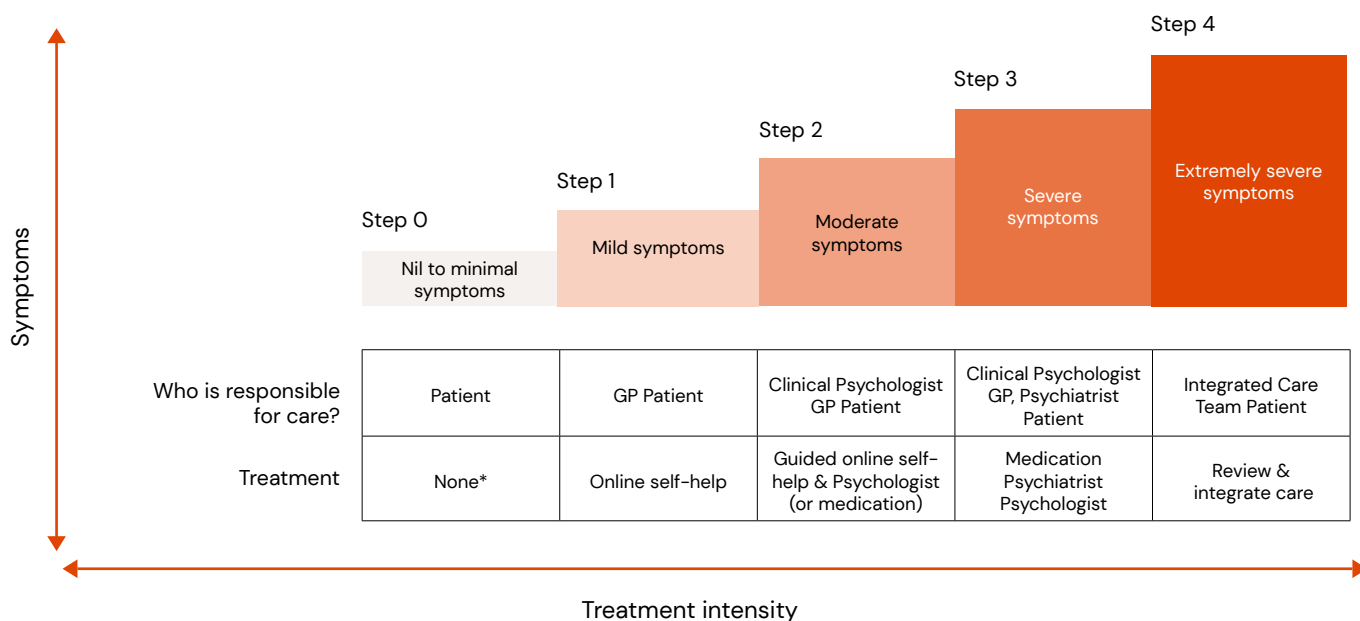
## Stepped Care and e-Mental Health (eMH)

Stepped care in mental health means matching the intensity of treatment to the severity of the condition. One important option for care in mild to moderate mental health conditions (such as anxiety, depression and stress related

conditions) is self-help delivered online, with or without professional guidance (eMH).

Australia is a world leader in the development of reliable eMH treatment programs. It is important for practitioners working in primary care to know what these resources have to offer and how to use them.

## Stepped Care Model Overview



\*if personal vulnerability identified - recommend online self-help

## What is e-Mental Health

“eMH” refers broadly to all the online resources for mental health care – websites for patient education, apps for symptom management and online treatment programs. Practitioners can recommend these to patients and integrate them into patient care in a number of ways.

### e-Mental Health Treatments: Who should use them and why?

Online treatment programs may be used alone or in combination with face-to-face therapy and/or medications. They are useful for people who cannot or will not access face-to-face therapy or to provide support for people waiting for face-to-face therapy. The evidence suggests that online cognitive behavioural therapy (e-CBT) can:

- Work as well as face-to-face CBT for many people with mild to moderate anxiety and depression
- Be useful in resilience building for people vulnerable to these disorders.

eMH treatment programs are easy to use and don't require special skills. They can be used anonymously, are easy to access and most are free of charge. Practitioners can choose their level of involvement in their patient's use of these programs, from simply encouraging and monitoring their progress, to guiding, acting as a coach or explaining content. Some treatment programs (MindSpot, THIS WAY UP and Mental Health Online) also offer program-based guidance and coaching.

### Five Practice Models of eMH Us

Promotion	Recommending self-help resources where appropriate.
Case management	Initial and final assessment and crisis intervention if necessary.
Coaching	Actively supporting someone using a self-help program, seeing them regularly and helping overcome barriers.
Integrated into symptom focused therapy	Extending the work of face-to-face therapy around specific symptoms.
Integrated into comprehensive treatment	Fully integrate eMH resources into treatment.

Julia Reynolds et al jmir2015;2 (1) e6

## Accredited Online Learning Modules for eMH

Modules are free and fully accredited by the RACGP and ACRRM. Completion of all six modules provides a Cat 1 ALM or ACRRM 30 PRPD points. Individual modules can be completed for two points each or pro-rata ACRRM points.

These modules are designed to help GPs and others with an interest in primary care mental health, to understand and navigate the existing Australian evidence-based online resources, for patients with mild to moderate common mental health problems.

### eMHPprac Community

This is an online community of practice open to all GPs with an interest in mental health generally and online mental health resources particularly. It consists of a blog and forum where GPs can discuss mental health issues with their peers and subject matter experts. Registration for the community can be found at [www.blackdoginstitute.org.au/emhprac](http://www.blackdoginstitute.org.au/emhprac)

### eMHPprac Webinar Series

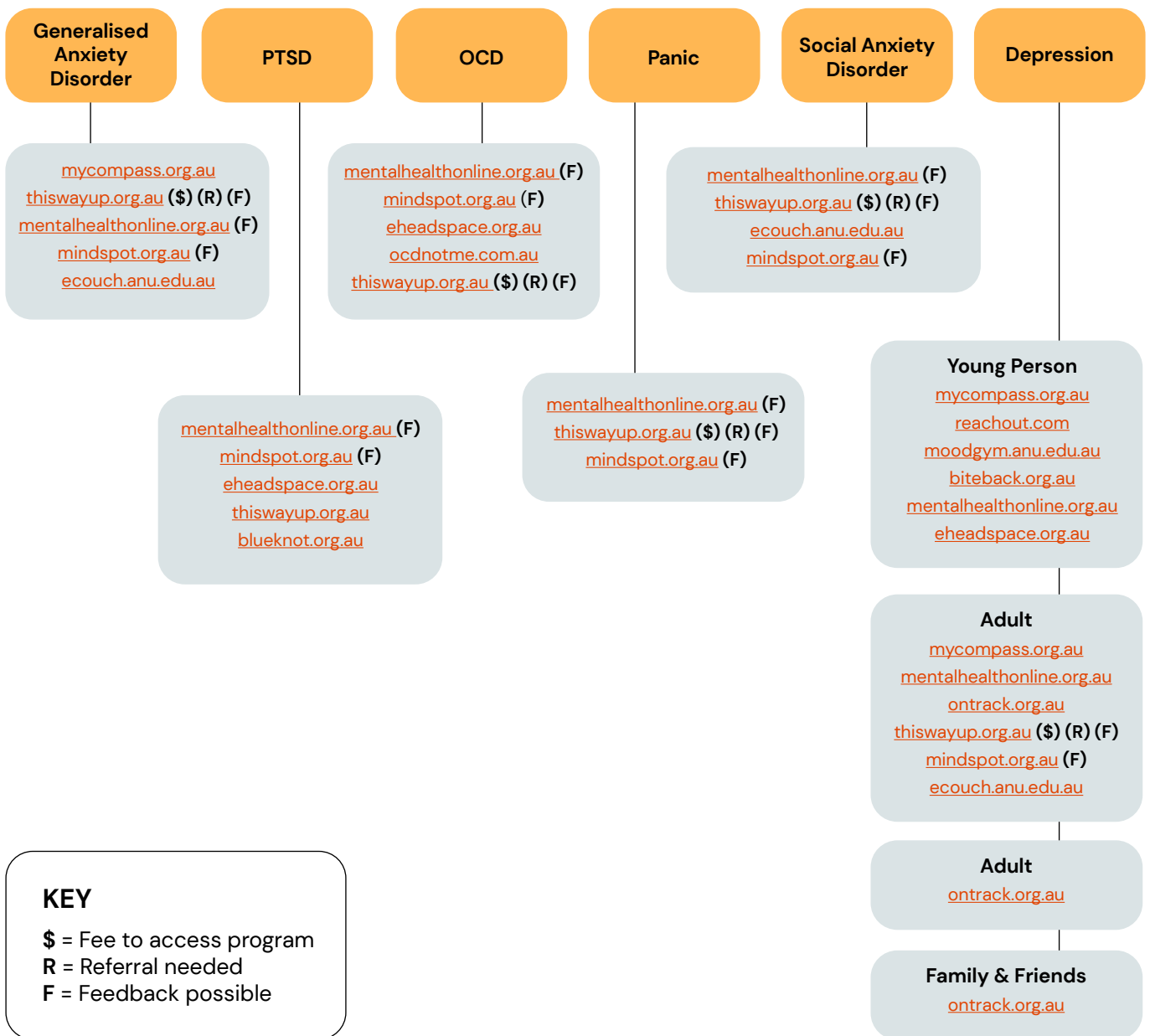
This series of webinars for GPs available live on demand explores the use of evidence based online resources in general practice. It aims to make GPs familiar with these resources and confident in incorporating them into patient care. Each hour-long webinar is accredited and provides two RACGP QI&CPD points, and two core ACRRM points.

“Very informative and precise!”  
– GP, rural Queensland

“The training was brilliant. The material was interesting, relevant, and very well presented. Will certainly be recommending the training for my colleagues and, more importantly, hope to use what I've learnt with patients.”  
– GP Sydney



## eMH Decision Tree



### KEY

\$ = Fee to access program  
 R = Referral needed  
 F = Feedback possible



## e-Mental Health Treatment Programs

### myCompass | [mycompass.org.au](http://mycompass.org.au)

myCompass is an interactive self-help service that aims to promote resilience and wellbeing for all Australians.

### MoodGYM | [moodgym.anu.edu.au](http://moodgym.anu.edu.au)

MoodGYM is a free self-help program to teach CBT skills to people vulnerable to depression and anxiety.

### e-couch | [ecouch.anu.edu.au](http://ecouch.anu.edu.au)

e-couch is a CBT and IPT based self-help interactive program with modules for depression, GAD & worry, social anxiety, relationship breakdown, and loss and grief.

### THIS WAY UP | [thiswayup.org.au](http://thiswayup.org.au)

Using CBT principles, THIS WAY UP Clinic offers proven online courses for Depression, GAD, and Anxiety.

### OnTrack | [ontrack.org.au](http://ontrack.org.au)

OnTrack offers free access to online programs, information, quizzes and advice to support the Australian community in achieving mental and physical health and wellbeing.

### Mental Health Online | [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

Mental Health Online offers self-guided or therapist assistant programs for panic disorder, social anxiety disorder, GAD, OCD, PTSD, depression and insomnia.

### MindSpot | [mindspot.org.au](http://mindspot.org.au)

MindSpot combines educational and practical exercises with regular contact with a MindSpot therapist, allowing help to be obtained in a discreet, effective way.

## Resources for Young People

### BITE BACK | [biteback.org.au](http://biteback.org.au)

BITE BACK is an ever-changing space which aims to improve the wellbeing and mental fitness of 12-18 year olds, based on the principles of positive psychology.

### eHeadspace | [eheadsplace.org.au](http://eheadsplace.org.au)

eHeadspace is a confidential, free, anonymous, secure space where 15-25 year olds can chat, email or speak with qualified youth mental health professionals.

### ReachOut | [reachout.com](http://reachout.com)

ReachOut is a mental health website for people under 25.

### Youth Beyond Blue | [youthbeyondblue.com](http://youthbeyondblue.com)

Youth Beyond Blue provides mental health education and links to phone support for 12-25 year olds.

## Resources for Young People

### Opportunities for GPs to Learn About e-Mental Health

Free, accredited training is available to GPs. For more information about e-Mental Health in Practice, please visit [www.blackdoginstitute.org.au/eMHPrac](http://www.blackdoginstitute.org.au/eMHPrac)

### Clinical Guidelines

RACGP guidelines, 'e-Mental health: A guide for GPs', provide an introduction to the field of eMH, direct you to key online resources for you and your patients and help you decide how to use eMH in your practice.

## Contact Us

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### For more information

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