

e-Mental Health information for GPs

eMHPrac is a Federal Government funded initiative, providing training to GPs in the use of evidence-based Australian e-Mental Health resources, to support the management of mild to moderate common mental health conditions such as depression and anxiety.

What is e-Mental Health?

The term “e-Mental Health” encompasses online portals, educational material and web based treatment programs for people suffering from mental health problems. The programs and resources recommended in this fact sheet have been researched, developed and tested in Australia.

Benefits of using e-Mental Health resources:

Internet portals provide a reliable way to guide patients to online resources of proven efficacy. Many online treatment programs are supported by a growing body of evidence in the treatment of mild to moderate depression and anxiety and can be used as self-help options or incorporated into face-to-face treatment models.

What personal information do patients have to provide?

Most e-Mental Health programs are anonymous. Some programs require an email address that materials can be sent to. Only a few require the patient to be identified.

Do GPs need to provide a referral for patients to access e-Mental Health programs?

Most e-Mental Health programs do not need a formal referral completed. For those that do, a referral can be completed online. The back of this fact sheet provides a template form you can complete when recommending programs to patients.

Can an e-Mental Health program be done instead of visiting a Mental Health Professional?

e-Mental Health programs can be used as self-help resources or in conjunction with treatment by a GP, psychologist or counsellor.

e-Mental Health training for GPs

To learn more about e-Mental Health in Practice, **free, accredited** training is available to GPs.

For more information, to complete online learning modules, register your interest in attending a webinar or view past webinar recordings, please visit www.blackdoginstitute.org.au/eMHPrac

Why access e-Mental Health programs?

e-Mental Health can fill the gap in services when face-to-face therapy is not available or accessible, or can be used to augment face-to-face therapy by providing a supplementary level of support. There are a variety of different programs to suit different people. They can be accessed at any time of the day providing information and skills when required by the user. They are also a beneficial starting point for those who are not quite ready to speak to someone face-to-face.

Who are e-Mental Health programs for?

e-Mental Health programs are for anyone, of any age, living in any part of Australia, at any stage of treatment for mild to moderate depression or anxiety. Some self-help programs can also be used outside Australia

GPs recommend e-Mental Health to Patients because the programs:

- are simple, easy to use and require no particular expertise;
- are easy to access and most are anonymous and free;
- provide content and reports which can guide sessions with patients and the overall treatment plan.

eMHPrac Community

Join the eMHPrac online Community and connect with other GPs interested in using e-Mental Health to improve patient outcomes:

<http://community.medcast.com.au/blackdog>

It's a forum for discussion of eMH related issues and a blog with contributions from e-mental health experts, clinicians and researchers.

e-Mental Health information for GPs

Patient Name: _____ Date: _____

e-Mental Health Treatment Programs

- myCompass | www.mycompass.org.au**
myCompass is an interactive self-help service that aims to promote resilience and wellbeing for all Australians.
- MoodGYM | www.moodgym.anu.edu.au**
MoodGYM is a free self-help program to teach CBT skills to people vulnerable to depression and anxiety.
- THIS WAY UP | www.thiswayup.org.au**
Using CBT principles, THIS WAY UP Clinic offers proven online courses for Depression, GAD, and Anxiety.
- OnTrack | www.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.
- e-couch | www.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.
- MindSpot | www.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.
- Mental Health Online | www.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.

Useful Search Portals and Websites

- Beacon | www.beacon.anu.edu.au**
Beacon is an online mental and physical health information portal that is free to access.
- mindhealthconnect | www.mindhealthconnect.org.au**
mindhealthconnect is a free online portal to find information about mental health resources that really work.
- BluePages | www.bluepages.anu.edu.au**
BluePages provides information about depression and its treatment, as well as resources for young people.

Resources for Young People

- BITE BACK | www.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 | www.eheadspace.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 | www.reachout.com**
ReachOut is a mental health website for people under 25.
- Youth Beyond Blue | www.youthbeyondblue.com**
Youth Beyond Blue provides mental health education and links to phone support for 12-25 year olds.

Return Visit: 1 week 2 weeks 4 weeks Other Appointment Date: _____

Further Comments:

Referring GP: _____ Signature: _____

How your GP can work with you to maximise benefits from e-Mental Health

- Provide referrals and advice about which program is likely to suit you best
- Help overcome any difficulties accessing the programs
- Guide you through any difficulties you may be having with the program
- Help with other treatment options if online therapy is not helping you