

Top Tips for Working with e-Mental Health

1. Register soon.
2. Choose a regular time and day to log onto the program and to do the homework.
3. Choose a time and space where you will not be interrupted and you will be able to concentrate.
4. Take advantage of the downloadable sections of the program so you can easily revise the things you have learnt.
5. Don't forget to do the homework exercises – they are an important way to make the lesson material “stick”.
6. Check in with your GP/psychologist to discuss your progress.
7. Monitor what works for you and what doesn't – and tell your GP/Psychologist – it's helpful for them to know too.

Recommended Program/s

Next Appointment

Crisis Support

Lifeline 131 114 • If life is in danger call 000

Online Mental Health Programs for the treatment of Mild to Moderate Depression and Anxiety

eMHprac
E-MENTAL HEALTH IN PRACTICE

eMHPrac is funded by the Australian Government



**Black Dog
Institute**

e-Mental Health Programs

- are online mental health treatment options for people experiencing mild to moderate depression or anxiety
- have proven effective in the treatment & management of mild to moderate depression & anxiety
- can be used as self-help resources or in conjunction with face to face treatment
- are for anyone, of any age, living in any part of Australia, at any stage of treatment of mild to moderate depression or anxiety.

Useful search engines for e-Mental Health programs



www.mindhealthconnect.org.au



www.beacon.anu.edu.au

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

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