

## e-Mental Health and Anxiety

### What are e-Mental Health programs?

e-Mental Health programs are online mental health treatment and support options for people experiencing mild to moderate depression or anxiety. The programs recommended in this fact sheet have been researched, developed and tested in Australia.

### Benefits of e-Mental Health programs

e-Mental Health programs have been proven effective in the treatment and management of mild to moderate depression and anxiety. Some e-Mental Health programs also provide print outs and reports which you can look back on, or use to discuss with your GP or mental health professional.

### What personal information do I have to provide?

Most e-Mental Health programs are anonymous. Some programs require an email address so that materials can be sent to you.

### Do I need a referral to access e-Mental Health programs?

Most e-Mental Health programs do not need a referral. For those that do, a referral can be obtained from your GP or other mental health professional.

### Can I do an e-Mental Health program instead of visiting a Mental Health Professional?

e-Mental Health programs can be used as self-help resources or in conjunction with the work you are doing with your GP, psychologist or counsellor.

### 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.

### Why access e-Mental Health programs?

e-Mental Health can fill the gap in services where face-to-face therapy is not available or accessible, or can be used in conjunction with 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.

### How long do e-Mental Health programs take?

e-Mental Health programs can be progressed through at a speed that is comfortable for you.

### 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 lessons “stick”
- 6 Check in now and again with your GP/psychologist to discuss your progress
- 7 Keep an eye on what works for you and what doesn't – and tell your GP/Psychologist – it's helpful for them to know too

### Websites for e-Mental Health



[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)



[www.beacon.anu.edu.au](http://www.beacon.anu.edu.au)

### How much will it cost?

Most e-Mental Health programs are free of charge. Some offer a free trial version with a minimal cost charged to access the full program.

### What computer skills will I need?

e-Mental Health programs are easy to access and simple to use. Most require no particular expertise.

# e-Mental Health Recommendations

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

## e-Mental Health Treatment Programs

- myCompass | [www.mycompass.org.au](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.reachout.com)**  
ReachOut is a mental health website for people under 25.
- Youth Beyond Blue | [www.youthbeyondblue.com](http://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