



Australian  
National  
University



## E-MENTAL HEALTH RESOURCES FOR NURSES WORKING IN PRIMARY HEALTH CARE

Provided by the  
eMHPrac Support Service

ANU College of  
Medicine, Biology  
& Environment

eMHPrac is funded by  
the Australian Government

**eMHPrac**  
E-MENTAL HEALTH IN PRACTICE

People concerned about mental health are increasingly turning to the Internet for help. Nurses can provide important guidance to help people find safe, credible e-Mental Health (e-MH) resources.

## How can e-MH resources help?

e-MH resources can help people identify problems, work out which interventions might suit them and tackle the uncertainty, fear and stigma that can hinder help-seeking. They are available at no or minimal cost to the user. Many can be used anonymously and many are available 24/7.

e-MH is flexible and can be used before, during or after other forms of treatment.

## What are the main types of e-MH resources?

**e-MH information sites** provide information about mental health problems and treatments. They are highly engaging and help people find the right services for their situation.

**Online peer support groups** provide online spaces for people to exchange support and information based on their personal lived experience of managing their own mental health problems or supporting other people.

**Online counselling and crisis support** services are increasingly available online, often through text or 'chat' services.

**e-MH intervention programs** teach people how to tackle their symptoms and improve resilience and coping skills. Intervention programs draw on evidence-based therapies such as Cognitive Behaviour Therapy and have a strong evidence base.

**1. Self-help programs** are self-paced, accessible 24/7 and can be accessed anonymously.

**2. Therapist assisted programs** provide additional assessment and support to help people use the online program material.

# Nurses can help people find high quality e-MH resources

Take some time to explore some key Australian sites and services - some of these are listed inside this brochure. Once you are familiar with these resources, you might like to discuss them with colleagues in your clinic to work out how they might best be used with your patients.

This might include:

- raising awareness of key resources by providing printed material in waiting rooms and links on the practice website
- suggesting particular resources to your patients

Liaise with the patient's doctor and encourage the patient to return for a follow up appointment so that you can see if they require other support. Your local Primary Health Network can provide information about other mental health services available in your area.

## Keeping patients safe

Make sure that you follow the procedures within your clinic for assessing patients' mental health, including risk. If you are concerned, ask a doctor to help you fully assess any risks and work out how best to keep the patient safe.

Crisis help for your patients and advice for you is available from:

24/7 State or Territory Psychiatric  
Emergency/ Crisis Assessment Teams

24/7 Online and phone support services

You can find the numbers for local crisis services here:

[www.mentalhealthcommission.gov.au/  
get-help.aspx](http://www.mentalhealthcommission.gov.au/get-help.aspx)

[www.suicidecallbackservice.org.au/if-  
you-are-with-the-person](http://www.suicidecallbackservice.org.au/if-you-are-with-the-person)

### **For more information and training in mental illness for practice nurses:**

Contact your professional association - for example the Australian Primary Health Care Nurses Association (APNA) offers workshops and e-learning courses on mental health  
[www.apna.asn.au](http://www.apna.asn.au)

You might also like to explore Mental Health First Aid training and resources  
[mhfa.com.au](http://mhfa.com.au)

If you'd like to know more about e-mental health, find out about free professional development or to talk about using e-MH resources with like-minded colleagues, please visit eMHPrac Exchange  
[emhprac.anu.edu.au](http://emhprac.anu.edu.au)

# CONTACT US

## **National Institute for Mental Health Research**

Building 63  
The Australian National University  
Canberra ACT 2601

T 02 6125 1450  
F 02 6125 0733  
E [nimhr@anu.edu.au](mailto:nimhr@anu.edu.au)  
W [nimhr.anu.edu.au](http://nimhr.anu.edu.au)

CRICOS Provider #00120C

## DISCLAIMER

The information provided throughout this guide is intended for information purposes only. Whilst many of the services in this guide are government- funded and endorsed, health practitioners should independently investigate and verify the credentials of any service before choosing to use the service or refer a user.

The services listed in this guide are comprehensive but not exhaustive, and represent Australian services only.

eMHPrac is funded by  
the Australian Government

**eMHPrac**  
E-MENTAL HEALTH IN PRACTICE

# e-Mental Health Services

## Guiding patients to quality e-mental health services

Information, interventions, peer support and online counselling

Online crisis support

Online crisis support

- > lifeline.org.au (13 11 14)
- > suicidedcallbackservice.org.au (1300 659 467)
- > kidshelpline.com.au (1800 55 1800)

### Anxiety

#### Self help

##### General Anxiety (GAD) & Worry

- > Brave Program (young people): [brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)
- > Centre for Clinical Interventions: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- > [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)
- > [moodgym.anu.edu.au](http://moodgym.anu.edu.au)
- > [mycompass.org.au](http://mycompass.org.au)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

##### Social Anxiety (SAD)

- > Centre for Clinical Interventions: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- > [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

##### Panic

- > Centre for Clinical Interventions: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

##### OCD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)
- > [ocdnotme.com.au](http://ocdnotme.com.au) (young people and their families)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

##### PTSD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

#### Therapist assisted

##### GAD, SAD, Panic, OCD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (\$)
- > [MindSpot.org.au](http://MindSpot.org.au) (18+, 60+ yrs, indigenous, free)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

##### PTSD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (\$)
- > [MindSpot.org.au](http://MindSpot.org.au)

### Depression

#### Self help

- > Centre for Clinical Interventions: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- > [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (multidisorder program with depression)
- > [moodgym.anu.edu.au](http://moodgym.anu.edu.au)
- > [mycompass.org.au](http://mycompass.org.au)
- > [ontrack.org.au](http://ontrack.org.au)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

#### Therapist assisted

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (multidisorder program with depression) (\$)
- > [MindSpot.org.au](http://MindSpot.org.au) (18+, 60+ yrs, indigenous, free)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

### Other

#### Drug and alcohol

- > [www.counsellingonline.org.au](http://www.counsellingonline.org.au) \*
- > [ontrack.org.au](http://ontrack.org.au)
- > [menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App](http://menzies.edu.au/page/Resources/Stay_Strong_iPad_App) (indigenous-specific content)

#### Eating disorders

- > [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au) \*
- > Centre for Clinical Interventions: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

#### Other areas

- > Carers, diabetes, early psychosis: [ontrack.org.au](http://ontrack.org.au)
- > Childhood trauma: [asca.org.au](http://asca.org.au)
- > Domestic violence: [1800respect.org.au](http://1800respect.org.au) \*
- > Grief, relationship breakdown: [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > [Mensline.org.au](http://Mensline.org.au) \*
- > Peer support for mental illness: [www.sane.org](http://www.sane.org)
- > Self-esteem, distress intolerance: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- > Sexuality, gender: [qlife.org.au](http://qlife.org.au) \*

\*provide online counselling

### Young people

#### Information and peer support

- > [biteback.org.au](http://biteback.org.au) (12-18 yrs)
- > [reachout.com](http://reachout.com) (14-25 yrs)
- > [youthbeyondblue.com](http://youthbeyondblue.com)

#### Online courses

- > Brave Program (Anxiety) (8-17 yrs): [brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)
- > [MindSpot.org.au](http://MindSpot.org.au) (Mood Mechanic) (18-25 yrs)
- > [moodgym.anu.edu.au](http://moodgym.anu.edu.au) (Depression) (15+ yrs)
- > [ocdnotme.com.au](http://ocdnotme.com.au) (12-18 yrs)

#### Online counselling

- > [canteen.org.au](http://canteen.org.au) (12-24 yrs)
- > [eheadspace.org.au](http://eheadspace.org.au) (12-25 yrs)
- > [kidshelpline.com.au](http://kidshelpline.com.au) (5-25 yrs)