e-Mental Health Resources for Primary Health Care Nurses

How can e-MH resources help?

- e-Mental Health (e-MH) resources can help people find high quality information and support, and improve their mental health.

What are the main types of e-MH resources?

1. Self-help programs
   - Therapist assisted programs
   - Online peer support groups
   - Online counselling and crisis support

2. Therapeutic assisted programs
   - Online program material
   - Online peer support groups
   - 24/7 Online and phone support services
   - Emergency/ Crisis Assessment Teams

How can I find e-MH resources?

- Visit the eMHPrac Support Service practice website
- Take some time to explore some key resources
- Access e-MH information sites
- Keep exploring and finding out more

Resources for Primary Health Care Nurses working in primary health care

Who is the eMHPrac Support Service?

- The eMHPrac Support Service provides e-MH information and guidance to help people find safe, credible, evidence-based therapies such as Cognitive Behaviour Therapy and have support and information based on their needs. They are highly engaging and can extend and enhance the work done in sessions with patients.

How can I find the eMHPrac Support Service?

- Visit the eMHPrac Support Service practice website
- Take some time to explore some key resources
- Contact your professional association - keeping patients safe
- Opening up discussion
- 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 on local mental health services and resources.

Keeping patients safe

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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 others.

- **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.

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

- **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

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 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 For more information about mental illness for practice nurses: www.apna.asn.au
- You might also like to explore Mental Health First Aid training and resources mhfa.com.au
- If you’d like to know more about e-MH resources with like-minded colleagues, please visit eMHPrac Exchange eMHPrac.anu.edu.au
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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:


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.

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

You might also like to explore Mental Health First Aid training and resources at

mhfa.com.au

If you’d like to know more about e-MH resources with like-minded colleagues, please visit eMHPrac Exchange: eMHPrac.anu.edu.au
e-mental health resources for general practice nurses

E-Mental Health Resources

What are the main types of e-MH resources?

1. Therapist assisted programs - e-MH is flexible and can be used before, during or after other forms of treatment.
2. Therapist assisted programs - sis are increasingly available online, others are accessible anonymously.
3. Therapist assisted programs - s provided by the Internet for help. Nurses can provide
4. Therapist assisted programs - e can extend and enhance the work done in sessions or be used alongside other forms of therapy.
5. Therapist assisted programs - h can help people find high quality information, support and self-help as appropriate. Most online services offer promotional sections for professionals and resources can help identify and provide people with how to tackle their symptoms and improve resilience and coping skills. Intervention programs draw on e-MH resources can help people identify problems, work out which interventions might best be used with your patients. This might include:
6. Therapist assisted programs - resources?
7. Therapist assisted programs - resources?
8. Therapist assisted programs - resources?
9. Therapist assisted programs - resources?
10. Therapist assisted programs - resources?

How can e-MH resources help?

People concerned about mental health, including risk. If you are keeping patients safe, you might like to discuss them with colleagues and encourage the patient to return for a follow up appointment so that you can see if they require other support. Your local Primary Care Nurses Association (APNA) offers workshops and e-learning courses on mental health, including risk. Intervention programs draw on e-MH intervention programs deliver important guidance to help people find safe, credible and high quality information, support and self-help as appropriate. Most online services offer promotional sections for professionals to exchange experiences and treatments. They are available at no or minimal cost to the user. Many can be used anonymously to suit them and tackle the uncertainty, fear and stigma that can hinder help-seeking. People concerned about mental health are increasingly turning to the Internet for help. Nurses can provide people how to tackle their symptoms and improve resilience and coping skills. They are highly engaging, accessible 24/7 and can be accessed anonymously.

For more information and training in e-Mental Health (e-MH) resources, visit the Australian Primary Care Nurses Association (APNA) website. The Australian National University’s eMHPrac team. We work with nurses working in primary health care around Australia. We provide workshops and are building e-MH program material.

How can e-MH resources help?

• raising awareness of key resources
• suggesting particular resources to you are working with
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CONTACT US

Contact: eMHPrac eMHPrac Support Service

ANU College of Medicine, Biology & Environment

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

Provided by the eMHPrac Support Service

eMHPrac is funded by the Australian Government

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.