

Ten Tips for Using Digital Mental Health Treatment Programs

1. Be patient with the registration process and any initial questionnaires- you only have to do it once!
2. If the program checks in with your mood each time you log on, you can sometimes skip it, but answering can provide you with important information about your progress.
3. Choose a regular time and day to work on the program (and a space without interruption) - treat it as you would a weekly appointment with a professional.
4. Keep a notebook or journal to record your thoughts as you progress through the course.
5. Download, and maybe even print out, resources and other things you might want to refer back to. You might even like to take screenshots of things that are important for you in the program and paste them onto a document of your own.
6. Don't try and do the program all at once. Give yourself time to practice the skills or homework exercises (and to think about what each part means to you) as this is what helps the information 'stick'.
7. Set yourself goals each week to work on between sessions. Think of it as similar to physiotherapy - your physio might give you guidance at each session about what exercises to do and how to do them, but it is up to you to put the hard work in and practice the exercises between sessions to get the full benefit.
8. Ask for help if you have trouble with any of the content.
9. Involve a supportive friend or relative in your use of the program - it's good to have someone to discuss it with and they might benefit from it too! If you have a health professional helping you with your mental health (e.g. GP, Psychologist), feel free to share your progress with them too.
10. Make sure you complete the program or tool - this will give you the best chance of experiencing improvement. And have patience - it can take months of work for new thinking and behaviour patterns to develop.



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