



What is digital mental health?

Digital mental health (e-mental health) is online programs, service, tools or applications that may be self-driven or involve interaction or guidance with a health professional. These services are ideal as standalone treatment interventions for Australians with mild-to-moderate mental health symptoms, or can be used in combination with face to face care.

Benefits of digital mental health programs

For many people with mental health problems such as depression and anxiety, online intervention programs can be as effective as face-to-face treatment, particularly if there is additional practitioner support (Griffith et al., 2010; Andersson & Hedman, 2013; Andrews et al., 2014).

eMHPrac Website

www.emhprac.org.au

Visit the eMHPrac website for updated information on digital mental health and a range of practitioner resources including fact sheets, resource guides, webinars, videos and online training programs.

eMHPrac Community

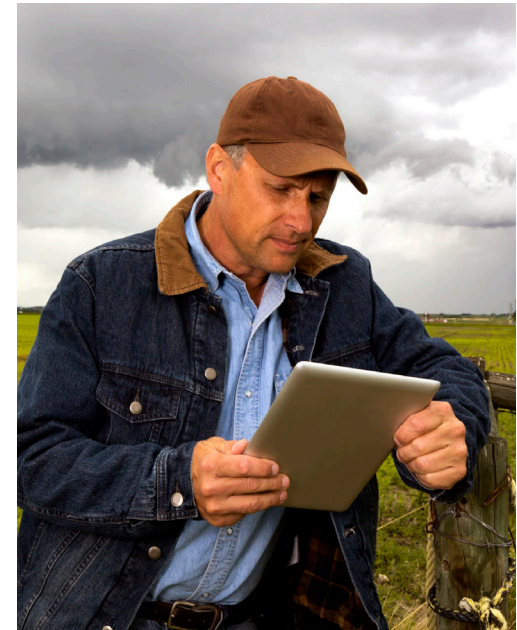
This is an online community of practice open to all GP's and other practitioners with an interest in mental health generally and digital mental health resources particularly. It consists of a blog and forum where practitioners can discuss mental health issues with their peers and subject matter experts. Registration for the community can be found at www.blackdoginstitute.org.au/emhprac

Digital mental health treatments: Who should use them and why?

Digital mental health programs, apps and services can be self-directed or therapist-guided providing access to mental health information and support from any place, at any time. They can be a useful prevention and early intervention strategy. In addition, they can also be utilised to provide support prior to engaging a mental health professional, as an accompaniment to traditional therapy, or as an assessment or monitoring tool within therapy.

“Digital mental health is an approach that offers mental health support and assistance to people at any time and in any place.”

Digital mental health treatment programs are easy to use and don't require special skills. They can be used anonymously, are easy to access and most are free of charge. Practitioners can choose their level of involvement in their patient's use of these programs - from simply encouraging and monitoring their progress, to guiding, acting as a coach or explaining content. Some other programs (Mindspot, THIS WAY UP and Mental Health Online) also offer therapist guidance and coaching.



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eMHPrac Partners are;



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eMHprac

E-MENTAL HEALTH IN PRACTICE

What is the eMHPrac Project?

The eMHPrac (e-Mental Health in Practice) Project is funded by the Australian Government and aims to raise awareness and knowledge of digital mental health and provides free training and support in it's use to health professionals.

www.emhprac.org.au

