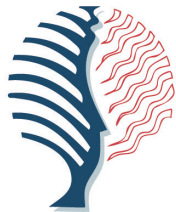


eMHPrac is funded by the Australian Government

eMHPrac Partners are;



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UNIVERSITY CENTRE FOR
RURAL HEALTH NORTH COAST



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.

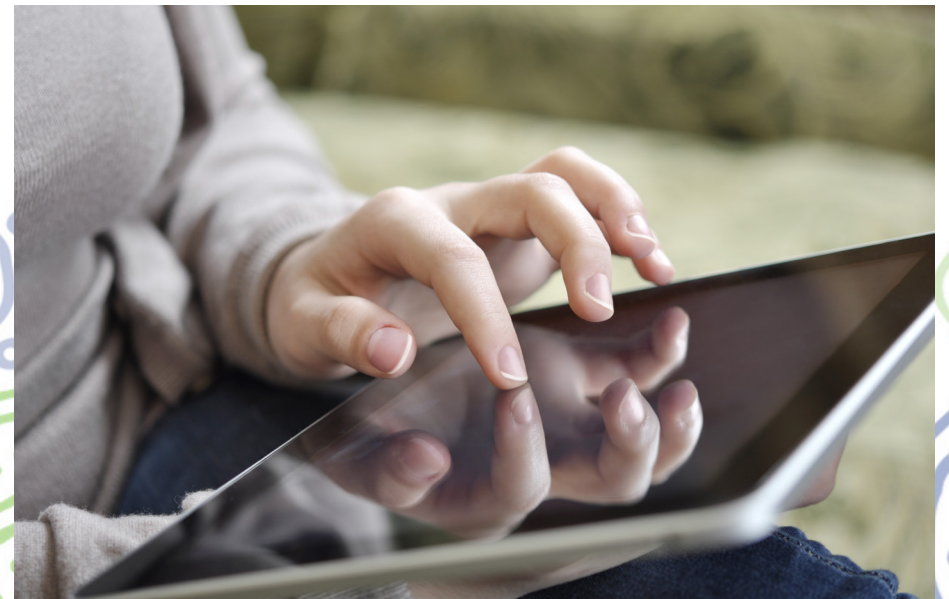
www.emhprac.org.au

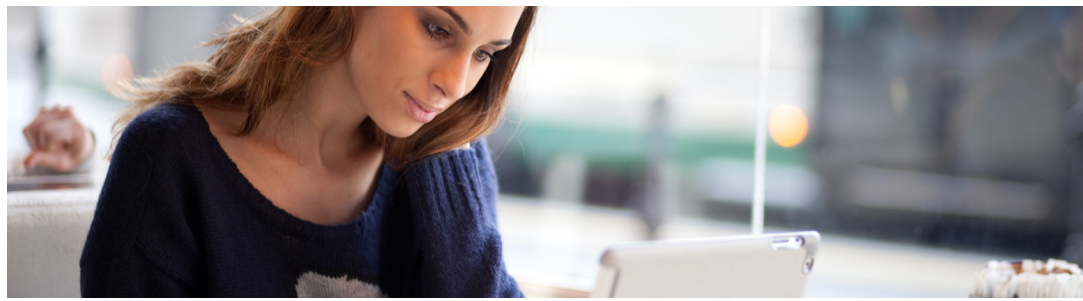
emhprac@qut.edu.au

The main eMHPrac logo features the text 'eMHPprac' in a large, bold, blue and green sans-serif font, with 'E-MENTAL HEALTH IN PRACTICE' in a smaller, green, all-caps sans-serif font below it. The background includes decorative circular patterns in shades of green and blue.

eMHPprac
E-MENTAL HEALTH IN PRACTICE

**e-Mental Health training and support for
general practitioners, allied health
professionals and service providers
working with Aboriginal and Torres Strait
Islander people.**





What are digital mental health programs?

Digital Mental health (e-mental health) are services, programs or applications, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

What is digital mental health?

The eMHPrac (e-mental health in practice) Project is funded by the Australian Government and aims to raise health practitioner awareness and knowledge of Digital Mental Health. eMHPrac provide free training and support in its use to GP's, allied health professionals and service providers working with Aboriginal and Torres Strait Islander people.

Benefits of e-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 Community

This is an online community of practice open to all GPs 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, application 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 utilized 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 online services (Mindspot, THIS WAY UP and Mental Health Online) also offer program-based guidance and coaching.

