

The benefits of eMental Health

Provides convenient, flexible and easily accessible support that is available anytime, anywhere.

Can provide an introduction to therapy, or an alternative for people averse to face-to-face treatment.

Saves you time and can reduce wait lists, allowing you to focus on patients for whom eMental Health approaches are not appropriate.

myCompass is cost-effective to the health system² and can be accessed by large populations.

Referring patients to myCompass

- Familiarise yourself with myCompass, so that you know the key program features and how the program works.
- refer suitable patients to myCompass, either by emailing them a link to the program or providing them with a printed myCompass patient information sheet,
- show your patients what myCompass looks like on your desktop computer, tablet or mobile phone.
- follow-up with your patients about their use of myCompass. Ask about any difficulties they are having and/or gains being made, and
- in addition to referring people with established mental health problems to the program, recommend it to people that you feel might be vulnerable by virtue of family history, lifestyle, personality and/or social-environmental factors.

For more information about eMental Health

eMental Health. A guide for GPs. Available at: racgp.org.au

eMental Health in Practice. Available at: emhprac.org.au

Welcome to myCompass

Confidential, 24/7 support for patients with depression, anxiety and stress





What is myCompass?

- myCompass is a free online self-help program for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.
- Its core features include fourteen different interactive learning Activities and a lifestyle Tracking feature to help users better understand themselves and learn strategies to improve their mental health.
- The learning Activities deliver proven psychological techniques used by doctors and psychologists such as cognitive behaviour therapy (CBT).



Who's it for?

Requiring minimal technical skills, myCompass is for people who:

- have depressive, anxious and/or stress symptoms in the mild to moderate range.
- would like to improve their mental health.
- are aged 18 - 75 years.
- read English with ease.

What's the commitment?

- Ideally, users need to commit to the program for a minimum of seven weeks to gain the full benefit.
- Each online learning Activity is comprised of up to three 10 - 15 minute sessions that can be completed at the user's convenience.
- Completing the Tracking component takes around 1 - 2 minutes per day.



How does it work?

- myCompass offers a personalised experience and can recommend learning Activities and Tracking areas that best match the individual's needs. Alternatively, they can select Activities and Tracking areas that most interest them.
- The myCompass lifestyle Tracking feature allows users to track their thoughts, feelings and behaviours and provides graphical feedback to help them recognise unhelpful patterns and possible triggers.
- myCompass has demonstrated through randomised control trials,¹ significant improvement in symptoms of depression, anxiety and stress and in work and social functioning with improvements persisting for 3 months.



ACTIVITIES



TRACKING



STRATEGIES

¹ Proudfoot, Judith, et al. Impact of a mobile phone and web program on symptom and functional outcomes for people with mild-to-moderate depression, anxiety and stress: a randomised controlled trial. BMC Psychiatry 2013;13:312. <https://doi.org/10.1186/1471-244X-13-312> Published online November 18, 2013.