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 system 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

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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.

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, significant improvement in symptoms of depression, anxiety and stress and in work and social functioning with improvements persisting for 3 months.

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.

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