Australian-developed evidence based e-mental health programs provide an additional layer of easily accessible psychological support for patients with a variety of mental health problems.

Diagnosis and risk assessment

GP management +/- medication

Face-to-face therapy

e-Mental Health

Practitioner resources

www.mindhealthconnect.org.au
www.beacon.anu.edu.au

Generalised Anxiety Disorder

PTSD

OCD

Panic

Social Anxiety Disorder

www.mycompass.org.au
www.thiswayup.org.au ($) (R) (F)
www.anxietyonline.org.au (F)
www.mindspot.org.au (F)
www.eheadspace.org.au
www.ecouch.anu.edu.au

www.anxietyonline.org.au (F)
www.mindspot.org.au (F)
www.eheadspace.org.au

www.anxietyonline.org.au (F)
www.thiswayup.org.au ($) (R) (F)
www.mindspot.org.au (F)

www.anxietyonline.org.au (F)
www.mindspot.org.au (F)
www.ecouch.anu.edu.au

www.anxietyonline.org.au (F)
www.mindspot.org.au (F)

Patient follow up guidance on page 2

KEY
$ = Fee to access program
R = Referral needed
F = Feedback possible

www.blackdoginstitute.org.au/eMHPrac
eMHPPrac is funded by the Australian Government

Anxiety and e-Mental Health
GP Follow Up

e-Mental Health programs are designed to complement rather than replace ‘usual care’.

When integrating e-Mental Health programs into practice, it is important to be familiar with the content of the programs you recommend in order to effectively guide patients through their use.

Routine follow up (at 2-4 weeks)

- Engaged and responding
  - Occasional follow up
- Unwilling to engage
  - Explore, encourage, reassess, adjust treatment plan (other e-MH or referral)
- Engaged but still unwell
  - Encourage, regular follow up, reassess, adjust treatment plan
- Deteriorating
  - Intensive follow up, reassess, adjust treatment plan, refer and/or medicate

It is worth remembering that all e-Mental Health programs benefit from a level of practitioner involvement in terms of both compliance and results.

www.blackdoginstitute.org.au/eMHPPrac