Depression and e-Mental Health
GP Fact Sheet

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

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

Young person
www.mycompass.org.au
www.reachout.com
www.moodgym.anu.edu.au
www.biteback.org.au
www.mentalhealthonline.org.au
www.eheadspace.org.au

Adult

Alcohol
www.ontrack.org.au

Family & friends

www.ontrack.org.au

www.mindhealthonline.org.au
www.ontrack.org.au
www.mycompass.org.au
www.ontrack.org.au ($) (R) (F)
www.mindspot.org.au (F)
www.ecouch.anu.edu.au

Patient follow up guidance on page 2

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

**Depression 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 1–2 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.

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