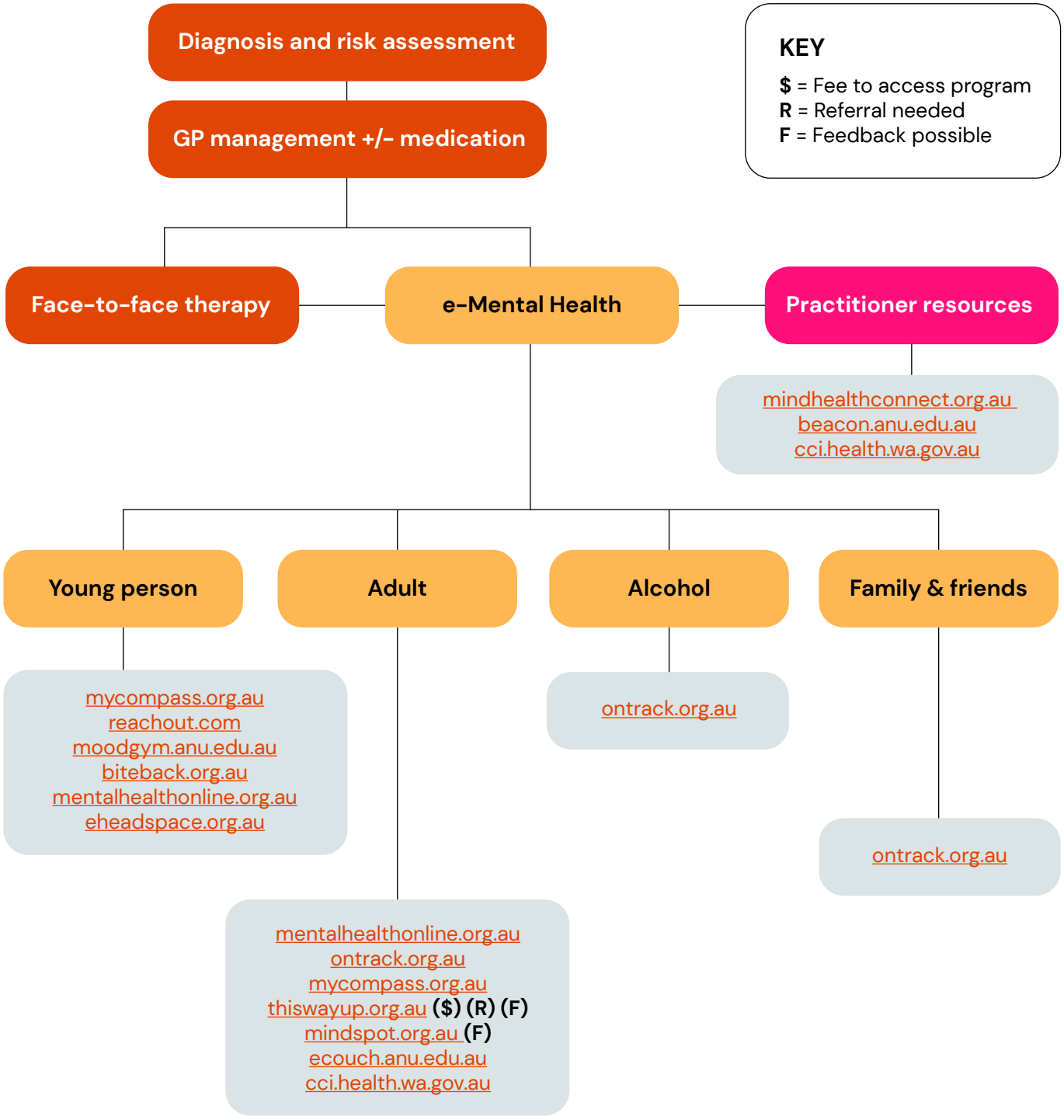
# Depression and e-Mental Health

Science.
Compassion.
Action.

## 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.




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E-MENTAL HEALTH IN PRACTICE

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# 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 | Unwilling to engage | Engaged but still unwell | Deteriorating |
|---|---|---|---|
| Occasional follow up | Explore, encourage, reassess, adjust treatment plan (other e-MH or referral) | Encourage, regular follow up, reassess, adjust treatment plan | 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 practioner involvement in terms of both compliance and results.



### For more information

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