

myCompass

Improving mental health through technology



What's myCompass?

- myCompass is a free internet and smartphone-based self-help program for people with mild-to-moderate depression, anxiety and stress.
- It delivers proven psychological techniques used by doctors and psychologists such as cognitive behaviour therapy (CBT).
- When used correctly, it can be as effective as antidepressants and enables lasting and more permanent improvements to mood, anxiety and stress levels.



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
- are aged 18 – 75 years
- read English with ease

Email a direct link to myCompass or register now in three easy steps.

Share myCompass

Register now

mycompass.org.au

Watch this clip about myCompass (2 minutes)



How's it work?

- Based on the users responses to questions during registration, myCompass recommends online learning modules that best match the individuals needs. Alternatively, they can select modules that interest them.
- myCompass also allows users to track their thoughts, feelings and behaviours and provides graphical feedback to help them recognise unhelpful patterns and possible triggers.

What's the commitment?

- Ideally, users need to commit to the program for a minimum of seven weeks to gain the full benefit.
- Online learning modules each include three 10-15 minute sessions that can be completed at the users convenience.
- Completing the mood tracking component takes around 1-2 minutes per day.



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Information for health professionals



GP, Dr Jan Orman
talks about using
myCompass with
patients
(45 seconds)



The benefits of myCompass

- **Provides convenient, flexible and easily accessible support** that is available anytime, anywhere. This is particularly valuable where face-to-face psychological services are limited.
- **It's free**, although minimal mobile data and Internet download costs may need to be taken into account.
- **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.
- **It's cost-effective to the health system** and can be disseminated to large populations.



Referring patients to myCompass

- Create confidence in the patient by speaking positively and encouragingly about eMental Health as a valid and evidence-based treatment option or adjunct to face-to-face care.
- Include any myCompass recommendations in your patient notes and on the Mental Health Treatment Plan.
- Use the '[Share myCompass](#)' link to email the patient a direct link to myCompass.
- Print them a copy of the other side of this brochure.
- Make follow up arrangements. This shows you are taking the situation seriously and that this is a 'real' intervention you are recommending. It also allows you to check progress, encourage engagement with and adherence to the program and review the treatment plan if the eMental Health option is not proving satisfactory.

The other side of this brochure is designed to act as a guide for your conversation with the patient and can include showing them the two minute explainer clip. This format should only take around 3-4 minutes within the consultation.

You could also:

- Register and familiarise yourself with the myCompass operating environment and its content.
- Show your patients what myCompass looks like on your desk-top computer, tablet or mobile phone.

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

myCompass information for health professionals.
Available at: mycompass.org.au

