Anxiety and e-Mental Health
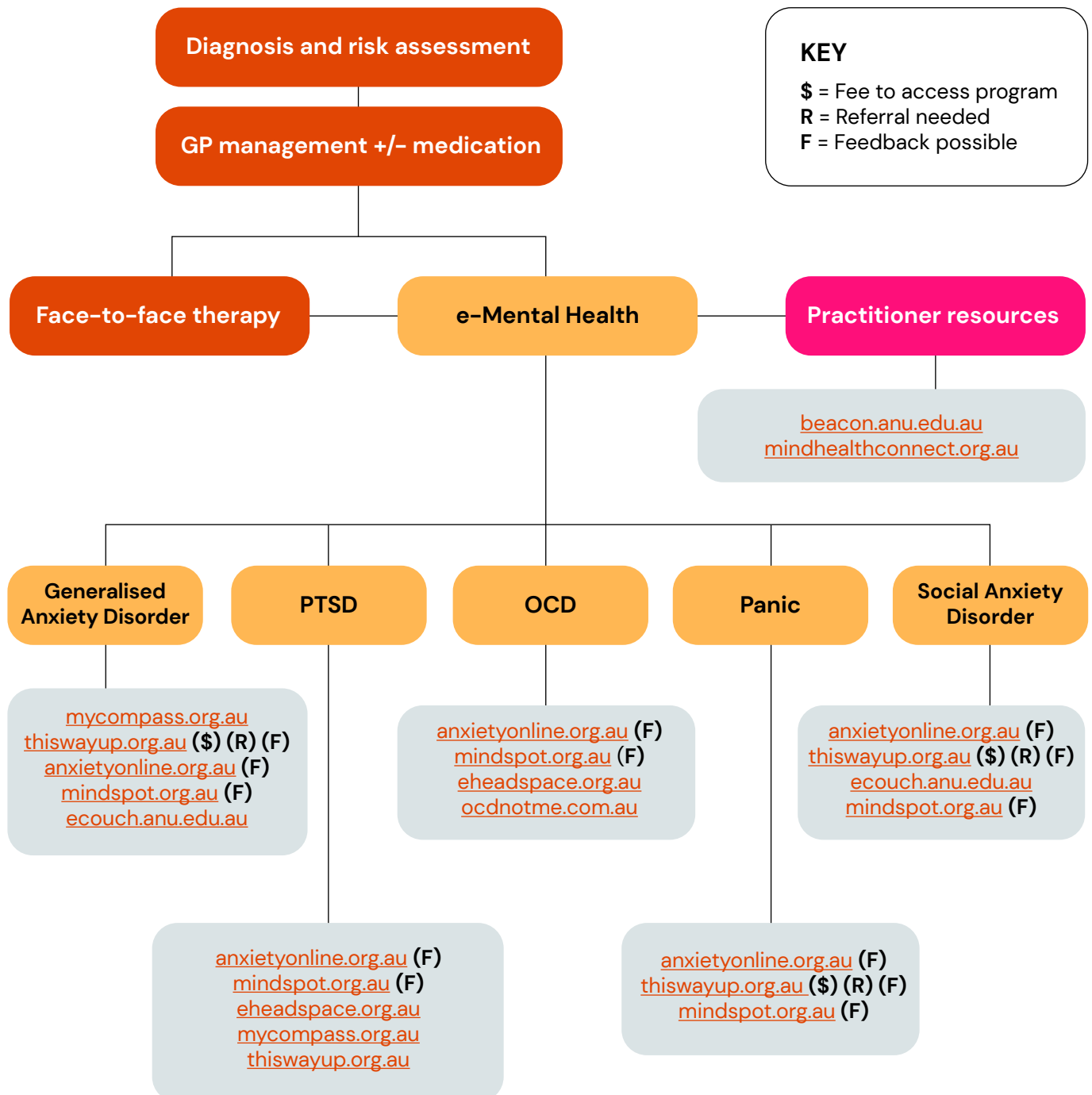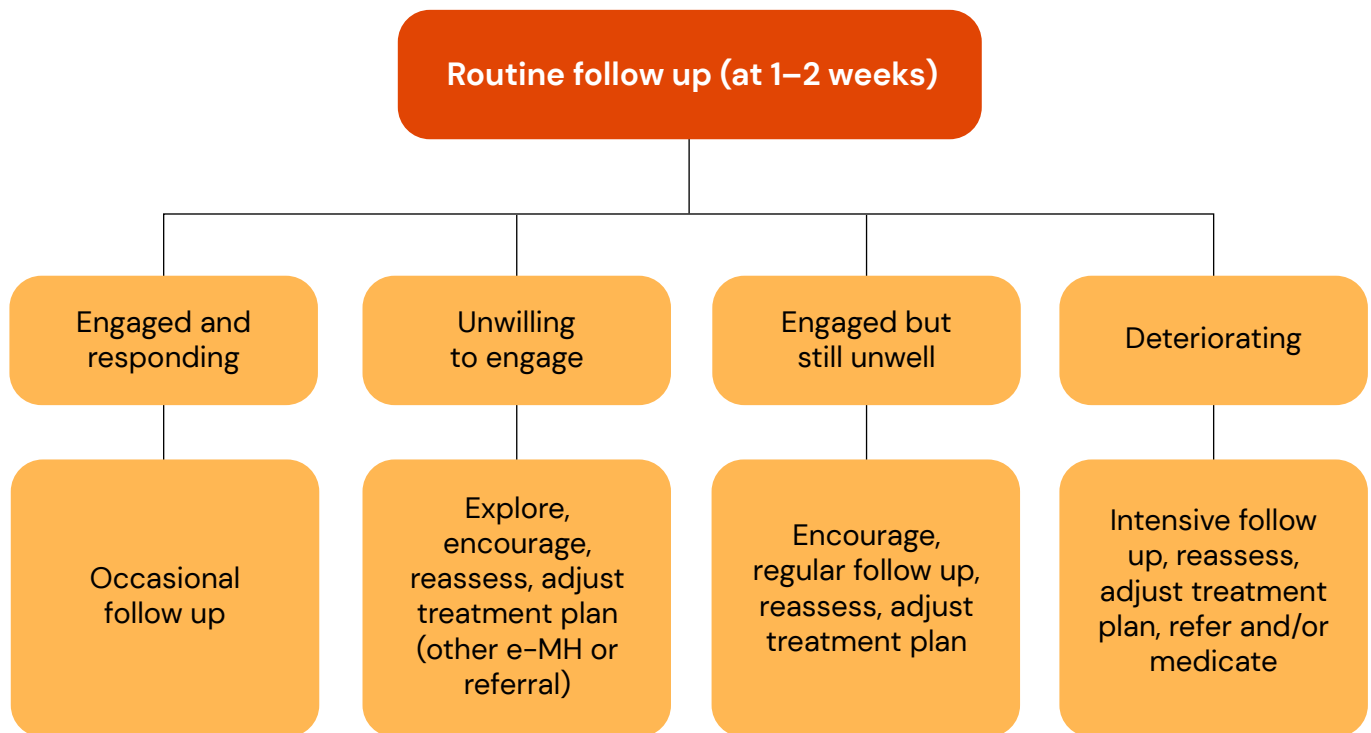
GP Fact Sheet

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

KEY

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

Face-to-face therapy

e-Mental Health

Practitioner resources

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

Generalised Anxiety Disorder

PTSD

OCD

Panic

Social Anxiety Disorder

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

anxietyonline.org.au **(F)**
mindspot.org.au **(F)**
eheadspace.org.au
ocdnotme.com.au

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mindspot.org.au **(F)**

eMHprac
E-MENTAL HEALTH IN PRACTICE

Black Dog Institute

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 recomment 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

Visit our website blackdoginstitute.org.au
Find us on social media @blackdoginst

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