Mental Health Online

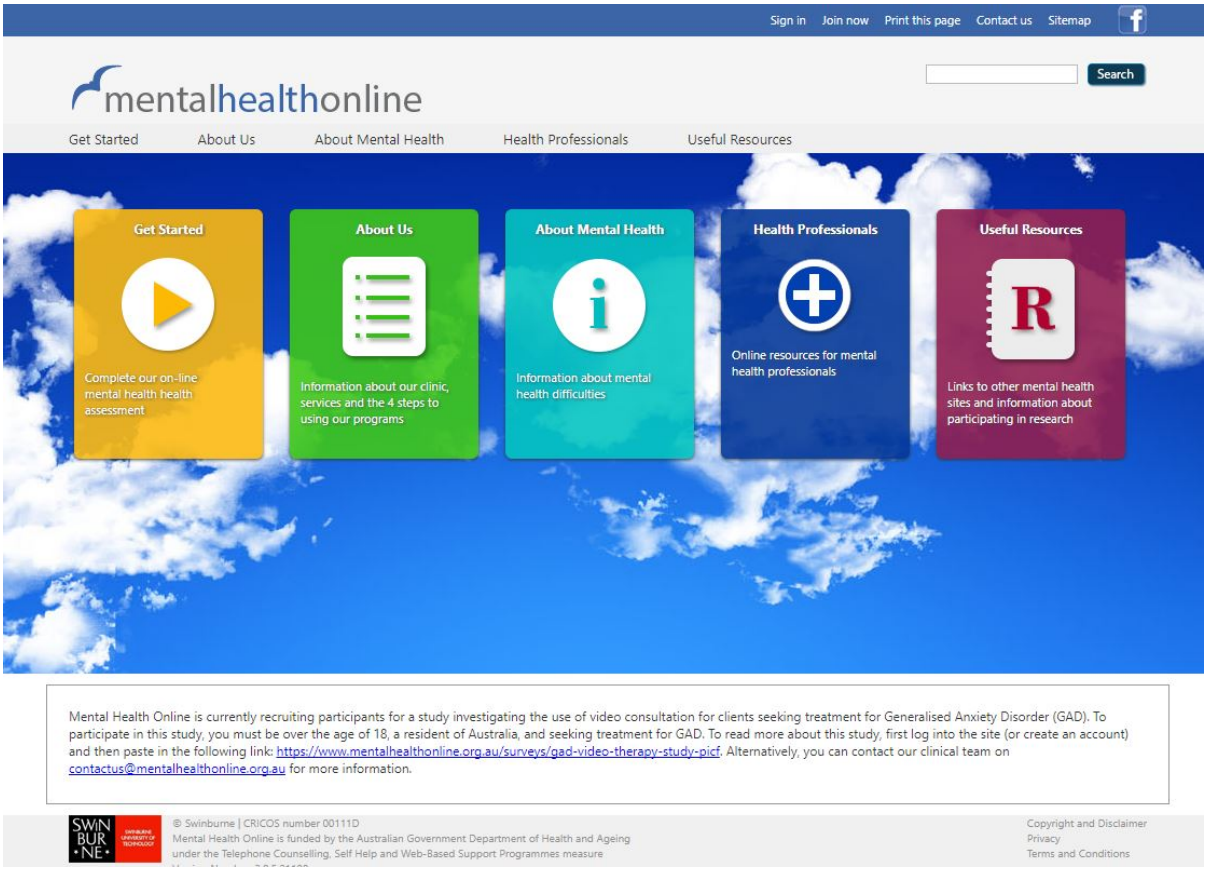
Mental Health Online is an internet-based treatment clinic for people with mental health problems. It is an initiative of the National eTherapy Centre (NeTC) at Swinburne University of Technology and funded by the Federal Department of Health and Ageing.

Target Groups	Topics	Type of Best Practice	Country
• Adults • Couples	• Eating issues	• Coaching • Online training material	• Australia

Description

Mental Health Online comprises 4 main areas:

1. **Information:** High quality information and resources are provided to help clients understand mental health difficulties and their treatment
2. **Clinical assessment**: An online psychological assessment program (e-PASS) enables clients to complete a comprehensive psychological assessment online and obtain an online diagnosis. This assessment will provide clients with feedback as to the type and severity of mental health difficulties they may be experiencing, and treatment recommendations.
3. **Publicly available treatment programs:** Comprehensive and effective treatment programs are available for treating anxiety disorders (Generalised Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, Post Traumatic Stress Disorder and Social Anxiety Disorder). The clinical treatment programs are available in two versions:
   - Self-help programs for individuals with mild symptoms, offered free of charge
   - Therapist-assisted programs for individuals with moderate to severe symptoms, offered at a low cost. Therapist assistance is in the form of weekly email communication. This form of treatment has been proven more effective than purely self-help programs
4. **Research trials:** Additional treatment programs are available through participation in research trials



Original language

English

Country

Australia

Link

https://www.mentalhealthonline.org.au/

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https://www.ecounselling4youth.eu/project/