


## Mental Health Online


*Mental Health Online* er fyrirtæki sem býður fólki með geðræn vandamál sérfræðipjónustu. Fyrirtækið var stofnað í samvinnu við *eTherapy* og *NeTC* frá Tækniháskólanum í Swinburne.

Markhópur	Efni	Tegund	Land
• Fullorðnir • Hjón	• Átröskun	• Markþjálfun • Rafræn þjálfunargögn	• Ástralía


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


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Mental Health Online is currently recruiting participants for a study investigating the use of video consultation for clients seeking treatment for Generalised Anxiety Disorder (GAD). To participate in this study, you must be over the age of 18, a resident of Australia, and seeking treatment for GAD. To read more about this study, first log into the site (or create an account) and then paste in the following link: <https://www.mentalhealthonline.org.au/surveys/gad-video-therapy-study-pic/>. Alternatively, you can contact our clinical team on [contactus@mentalhealthonline.org.au](mailto:contactus@mentalhealthonline.org.au) for more information.

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Mental Health Online is funded by the Australian Government Department of Health and Ageing under the Telephone Counselling, Self Help and Web-Based Support Programmes measure

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## Upphaflegt tungumál

English

## Land

Australia

## Tengill

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

(access date: 05/07/2017)



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Administrator. *Mental Health Online*. Retrieved on Wednesday April 29, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP446/>



Co-funded by the  
Erasmus+ Programme  
of the European Union

Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

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