Mental Health Online

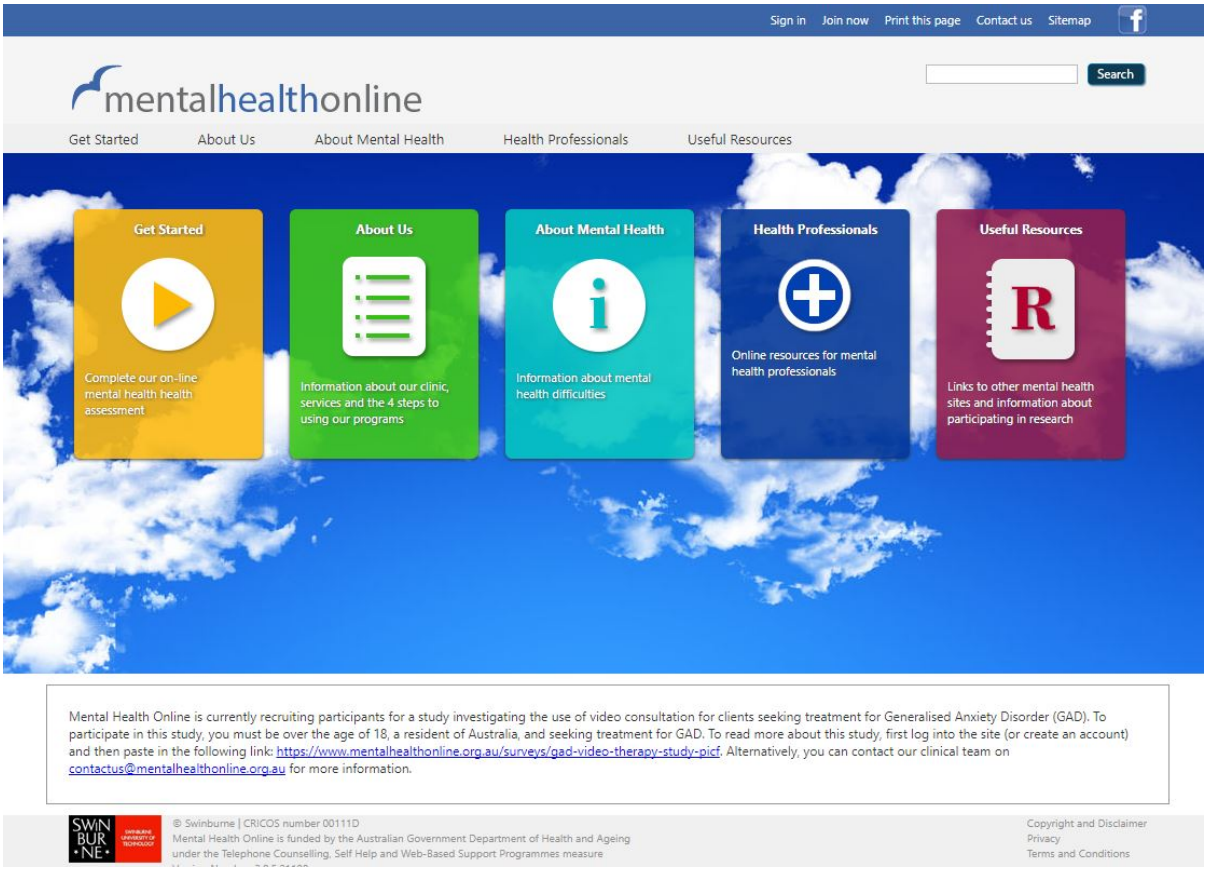
Mental Health Online je spletna klinika namenjena osebam s težavami v duševnem zdravju. Na pobudo Nacionalnega centra za eTherapijo (NeTC) so jo oblikovali na Univerzi za tehnologijo v Swinburnu, financira pa jo avstralsko Ministrstvo za zdravje in staranje.

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli • Pari	• Motnje hranjenja	• Spletno izobraževanje • Spletno gradivo	• Avstralija

Opis

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



Jezik, v katerem je praksa dostopna v originalu

English

Država

Australia

Povezava

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

(access date: 05/07/2017)

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Administrator. *Mental Health Online.* Pridobljeno na Nedelja November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP447/

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

Vsebine spletne strani ne odražajo uradnih stališč Evropske komisije, ampak stališča avtorjev v projektnem partnerstvu. Zato Komisija za vsebinski del ne prevzema odgovornosti, prav tako ne odgovarja za kakršnokoli uporabo teh podatkov brez dovoljenja njenih avtorjev.

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