Mental Health Online

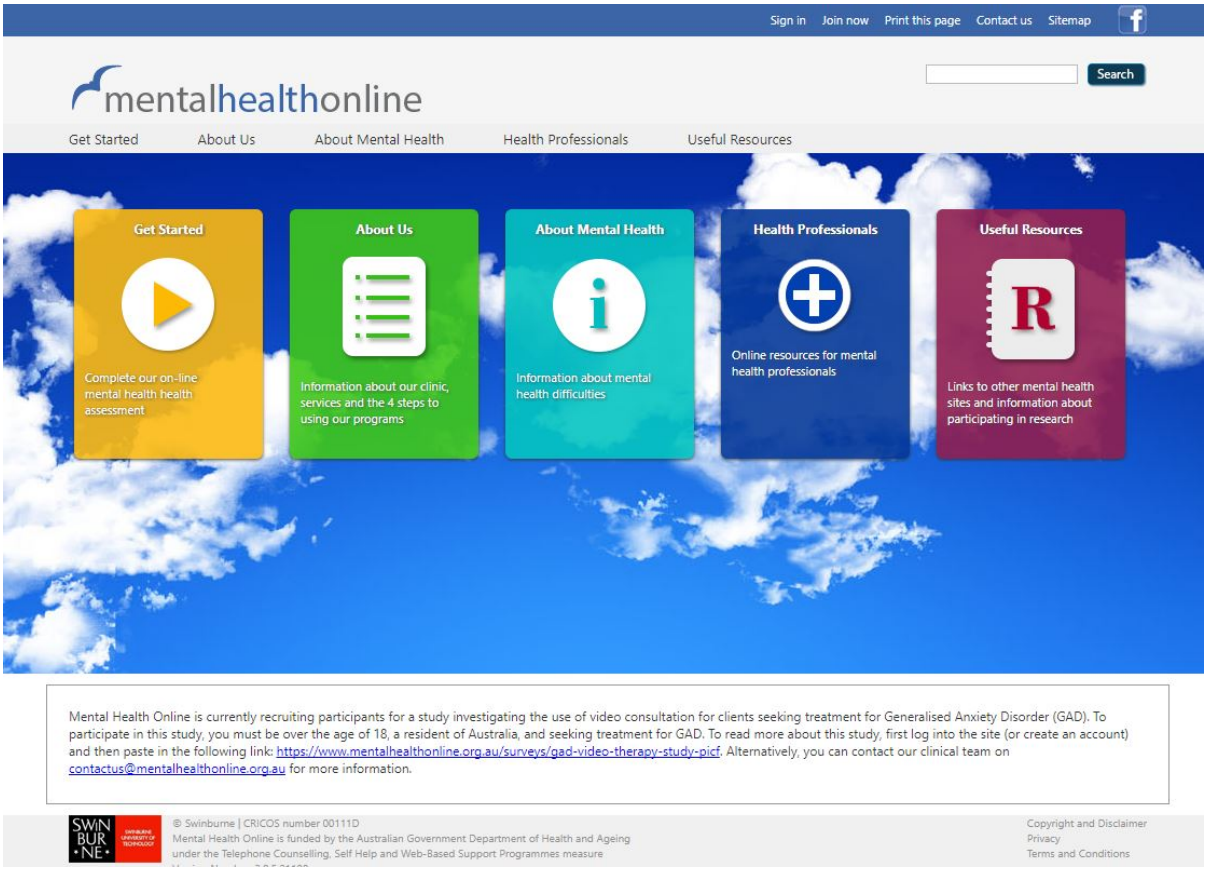
Mental Health Online je klinika za liječenje osoba s problemima mentalnog zdravlja. Ovo je inicijativa Nacionalnog centra za eTerapiju (NeTC) na Sveučilištu tehnologije Swinburne i financirana je od strane Federalnog odjela za zdravlje i starenje.

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli • Parovi	• Problemi prehrane	• Coaching • Online trening materijali	• Australija

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 originala

English

Zemlja

Australia

Poveznica

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

(access date: 05/07/2017)

CC - Attribution-NonCommercial-ShareAlike
http://creativecommons.org/licenses/by-nc-sa/3.0/

Administrator. *Mental Health Online.* Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP448/

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

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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