

Information for Consumers and Families/Carers e-Mental Health Online Resources

Information on e-mental health services can be accessed through the HNE Health Patient Info site <http://patientinfo.org.au/>
Topics covered include addiction, anxiety, bipolar disorder, depression, general mental health, grief and loss, PTSD, suicide prevention, and family support.

About Patient Info:

- Patient Info is a health information portal that contains reliable, up to date and locally relevant information and resources for consumers and their families and carers.
- Patient Info aims to help people understand and manage their health conditions, but it does not replace care provided by health professionals.

What are E-mental health services?

- Online interactive treatment and support options targeted towards common mental health problems
- Include wellness promotion, psycho-education, prevention and early intervention, crisis intervention, treatment, and recovery and peer support.
- Can be used as a self-help resource or in conjunction with other mental health treatment.
- Are easy to access, simple to navigate and have been researched, developed and tested.
- Most e-mental health programs are anonymous and free.
- No referral is required, any patient can register to use these programs any time (with the exception of 'This Way Up' which requires both general practitioner and patient registration).
- Patients can progress through the program at a speed comfortable to them.

Steps to access:

- Go to the Patient Info site using web address <http://patientinfo.org.au/>
- Select 'Mental Health' in the contents list located on the left hand side of the page
- Once in the Mental Health Section, click on 'e-Mental Health Online Resources'
- When you click on one of the categories listed, it will open a list containing relevant e-mental health resources