

## Mental Health Online

*Mental Health Online* é uma clínica de tratamento, via internet, para pessoas com problemas de saúde mental. É uma iniciativa do *National eTherapy Center (NeTC)* na *Swinburne University of Technology* e é financiada pelo Departamento Federal de Saúde e Envelhecimento.

### Grupos-alvo Tópicos

- Adultos
- Casais
- Perturbações da alimentação e da Ingestão

### Tipo de Melhores Práticas

- Coaching
- Material de formação on-line


### Países


- Austrália

## Descrição

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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Get Started About Us About Mental Health Health Professionals Useful Resources

Get Started




Complete our on-line mental health assessment

About Us




Information about our clinic, services and the 4 steps to using our programs

About Mental Health




Information about mental health difficulties

Health Professionals




Online resources for mental health professionals

Useful Resources



Links to other mental health sites and information about participating in research

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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## Idioma original

English

## Países

Australia

## Ligação

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

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