

# e-Mental Health Clinic Guide



There is no perfect manual for managing our mental health. Different people manage their mental health in different ways. If you are ever struggling with your mental health, getting professional support is a good starting point, but knowing 'where to start' can often be quite daunting.

e-Mental Health Apps (e-MH Apps) can be a great place to start to understand what you are going through and find the tools or strategies to manage your mental health. Finding a way to start managing your mental health can be very empowering, help you to understand yourself better, and improve your day to day wellbeing.

### **What are e-Mental Health Apps?**

'e-MH apps' broadly refers to digital tools and apps that can be used for mental health care. There are different apps and resources that you can use to help you understand what you're going through, to start working towards improving your overall mental health, find coping mechanisms, track your feelings, and to find the words to express your feelings. Using e-MH apps are a really great way to look after your mental health independently or while you are waiting for support from a professional.

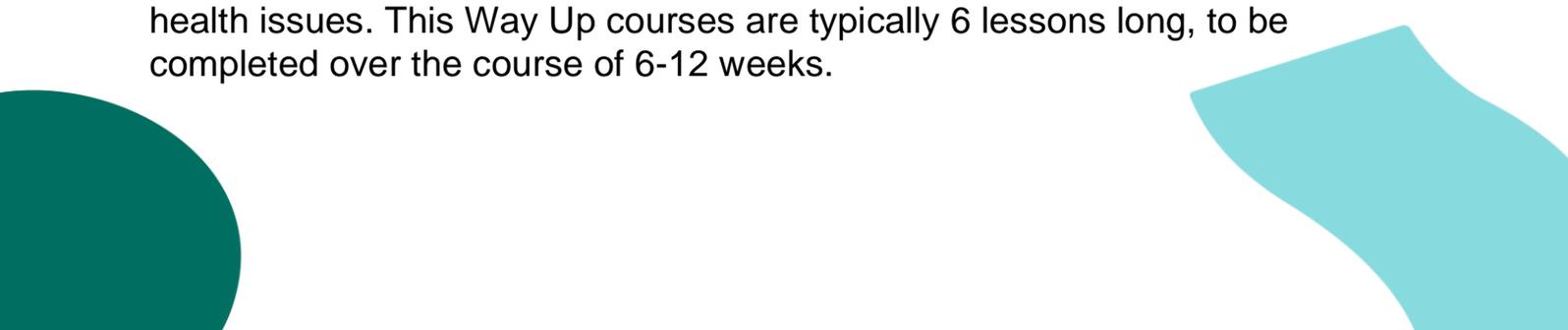
### **What e-Mental Health apps are available?**

e-MH apps range from meditation to structured therapy courses, making music and writing about how you are feeling - there really are so many options!

No two people are the same, and everyone finds different things helpful. We have researched a wide range of e-MH Apps to including something for everyone.

Here are some of our top picks:

**This Way Up**; a digital platform offering a mixture of internet-delivered Cognitive Behavioural Therapy (iCBT) courses for the treatment of mental health issues. This Way Up courses are typically 6 lessons long, to be completed over the course of 6-12 weeks.





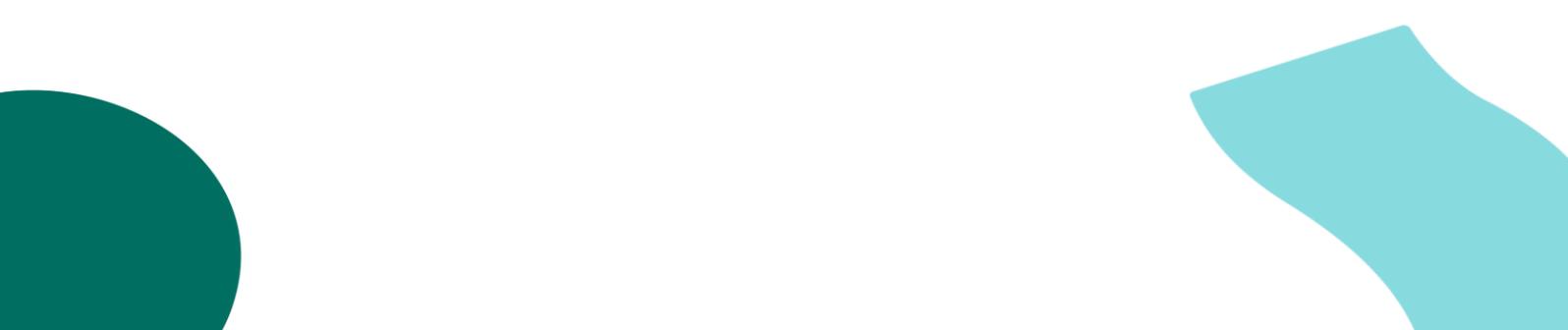
**Biteback;** Biteback Mental fitness challenge runs over the course of 6 weeks, and contains short content; focused around mindfulness activities, educational content, and strategies used by psychologists and sports psychologists that can help young people build resilience, wellbeing and ultimately – their mental fitness.

**Mycompass;** myCompass is a free online self-help program for young adults with mild to moderate depression, anxiety, and stress. It is also helpful for people who simply want to build good mental health. Its core features include fourteen different interactive learning activities and a lifestyle tracking feature to help users better understand themselves and learn strategies to improve their mental health.

### **How does headspace use these digital tools:**

To bring all of these e-MH Apps together in one place, we have set up an e-MH clinic at our headspace Penrith site, with everything you need to get started with e-MH apps. After you speak with our intake team, we can start to understand what your goals are, and how we can support you here at headspace. We can then organise a consultation for you at our e-clinic to speak with an e-clinician. At the e-clinic, an e-clinician will be here to talk you through using e-MH Apps, depending on what you want to do and the help that you need. You can use the e-clinic to get faster access to mental health support or can be utilised while you are waiting for one to one therapy or in combination with one to one therapy.

### **How you will benefit:**

- Care for yourself
  - Understand your mental health better
  - Try new strategies
  - Access from anywhere
  - Find ways to identify and talk about feelings
  - Track feelings
  - Something to do in preparation for one to one support
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## **Why would I use the e-clinic before one to one support?**

Using e-MH Apps can begin to help you understand how you are feeling and can give you different ways to look at the feelings you are experiencing. e-MH Apps use a range of tools, such as giving you a space to track your feelings, learn skills on how to manage your feelings, and a better understanding of yourself. e-MH Apps often have ways to help you find the language to explain how you are feeling. Once you have used e-MH Apps, you will have lots of great tools under your belt, so you can get much more out of one to one appointments.

## **How do I get started?**

The first step is contacting the headspace centre and speaking to our intake team. While you are speaking with the intake officer you can ask them about using the e-MH clinic, or it may be raised by the intake team if they think you could benefit from the e-clinic! From there we will make an appointment for you to come in and meet with our e-clinic clinician and you can begin your e-MH clinic journey with their help. After getting to know you a little, we will then be able to talk you through the apps and resources that would best fit your goals!

*\*\* Cognitive behavioral therapy is a psycho-social intervention that aims to improve mental health.*

