



MENTAL HEALTH

Support Programs

FOR WORKERS

Online support programs can be very beneficial to workers.

An increasing number of online mental health assessment and education programs are available to support individual workers. These programs build individual capacity to recognise, prevent and treat mental illnesses, and are accessible anywhere, anytime. The following online programs may be suitable to promote to your workers.

myCompass

myCompass is an online and mobile phone program for people with mild-to-moderate stress, anxiety and depression. It has been developed by Black Dog Institute. myCompass helps you monitor moods, feelings and behaviours that may be troubling you. It also provides access to interactive self-help modules where you can learn the skills you need to manage your situation. blackdoginstitute.org.au

MindSpot

The MindSpot Clinic is a free telephone and online service for Australians troubled by symptoms of anxiety or depression. Free online assessments and treatment courses are provided to help you learn about your symptoms and restore your mental wellbeing. mindspot.org.au

THIS WAY UP

THIS WAY UP provides online learning programs, education and research in anxiety and depressive disorders. Programs use Cognitive Behavioural Therapy (CBT) which emphasises the relationship between thoughts, feelings and behaviours in creating change. Courses have been designed by a group of hospital and university experts and you can elect to have your progress supervised by your clinician if you wish. thiswayup.org.au

e-couch

e-couch is a free online service which provides information about the cause, prevention and treatment of emotional problems, including toolkits with exercises and strategies to help improve your mood and emotional state, and tackle challenges you may be facing. e-couch does not ask for your real name so that you can log on anonymously from anywhere. ecouch.anu.edu.au

MoodGym

MoodGym is an innovative web-based program designed to prevent depression using Cognitive Behavioural Therapy (CBT). This program helps you identify and overcome problematic emotions and develop coping skills. The program consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment. moodgym.com.au

Mental Health Online

Mental Health Online provides online information, assessment, referral and treatment for mental health problems. It provides a report of symptoms and treatment recommendations as well as access to treatment programs available via the website. mentalhealthonline.com.au

