



Supporting Allied Health Practitioners to Overcome Barriers to Uptake of Digital Mental Health (dMH) Apps and Online Programs

Dr Ruth Crowther and Mrs Heidi Sturk



Digital Mental Health (dMH) resources can provide an easily accessible method of help for people who are not receiving face-to-face help or need additional support out of hours, and provide Allied Health Practitioners with additional options to help support and treat their patients.



Barriers to Uptake (Allied Health Prof)

- Concerns about **Quality and Safety**
- **Overwhelming** Resources
- Lack of **Time**
- Concerns about **Cost**
- Concerns about working relationship (**Therapeutic Alliance**)



Benefit to Patients / Consumers / Clients

- **Free** (or low cost) Support or **Structured Therapy Programs**
- **Sam the Chatbot** to help identify appropriate resources matched to need
- Available **any time and any place**
- Addresses **Stigma**



- Australia is leading the way in dMH with some excellent **evidence-based** online programs.
- Body of Evidence showing that in many cases dMH programs are **as effective as face-to-face programs**
- **Head to Health** is a digital mental health gateway launched by the **Australian Government** in October 2017, that addresses many of the barriers to the uptake of dMH resources.
- **Head to Health** provides a quick and easy way for Australians to access trusted online and phone based mental health services.
- **Head to Health** is a resource for use by Allied Health Practitioners to provide additional support and services.

<https://headtohealth.gov.au>

E-Mental Health in Practice (eMHPrac) provides free nationwide training and support to allied health practitioners about **Head to Health**, dMH and how to use resources in clinical practice. *Ask us how we can help you via <http://www.emhprac.org.au/>.*

Overcoming Barriers to Uptake of Digital Mental Health (dMH) Apps and Online Programs by Allied Health Practitioners: Policy Landscape and Tools

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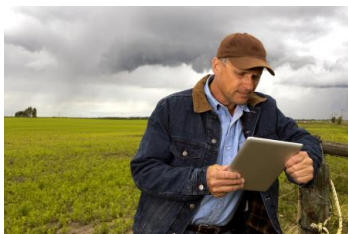


MYCOMPASS

Policy Landscape

myCompass offers an online interactive self-help CBT service for people suffering from depression, anxiety and stress.

mycompass.org.au/



BeyondNow

An app and online version that involves creating a safety plan that users can work through when experiencing suicide thoughts.

beyondblue.org.au/get-support/beyondnow-suicide-safety-planning