eMHPrac is funded by the Australian Government

For more information on eMHPrac and its activities please visit:

www.emhprac.org.au
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What is E-Mental Health?

E-mental health includes mental health assessment, intervention, support or information via the Internet, mobile devices, telephone or computers. E-mental health services, programs or applications may be self-driven or involve real-time or delayed interaction with a clinician or other support person. E-mental health approaches allow Australians to access mental health information and support at any time and from any place. E-mental health resources are also useful tools for healthcare practitioners to support and aid their delivery of mental health and wellbeing services.

E-Mental Health in Practice

A key objective of the Australian Government’s E-Mental Health Strategy is to enhance uptake of e-mental health services in the community by developing linkages with the primary health care sector. The E-Mental Health in Practice (eMHPrac) Project is funded by the Australian Government and aims to raise health practitioner awareness of e-mental health and to provide training and support in its use. The project is led by Queensland University of Technology in collaboration with its partners Black Dog Institute, National Institute for Mental Health Research, Menzies School of Health Research, and University Centre for Rural Health.

Who is eMHPrac for?

The eMHPrac Project will focus on e-mental health promotion, training and support with:

- General Practitioners—led by Black Dog Institute
- Allied Health Practitioners including psychologists, social workers, occupational therapists, mental health nurses and practice nurses—led by National Institute for Mental Health Research, Australian National University

What does eMHPrac offer?

The eMHPrac Project delivers a number of activities that aim to support health providers and their patients/clients in harnessing the full potential of online, telephone and mobile mental health services and resources. Specifically, eMHPrac will:

- Enhance GP & Allied Health Practitioner knowledge and understanding of e-mental health supports and programs, particularly for people with mild/moderate anxiety and depression
- Facilitate referrals between primary health care and e-mental health programs
- Provide training and support in provision of e-mental health to providers of Indigenous health care, particularly in rural and remote areas
- Provide workforce support in the use and application of e-mental health resources

E-mental health is an approach that offers mental health support and assistance to people at any time and in any place

Project activities are free of charge and include:

- Training workshops offered at select locations and times
- Training webinars broadcast live online which can be accessed from any location with a reliable Internet connection
- Online training modules which can be accessed at any time from any location
- Provision of short-term support and mentoring in use of e-mental health including telephone and e-mail support and an online peer discussion forum.

eMHPrac Aims

As part of the E-Mental Health Strategy for Australia, the eMHPrac Project aims to:

- Develop greater awareness and knowledge of e-mental health services and promote strong linkages between sectors
- Build strong referral pathways between e-mental health programs and other services
- Provide workforce support and training in the use and application of e-mental health programs and services

eMHPrac Objectives

Engage health professionals in use of e-mental health by:

- Increasing awareness, knowledge and positive attitudes
- Building confidence and self-efficacy
- Provision of training in use of e-mental health
- Provision of workforce support in the use of e-mental health
- Provision of advice to the government on the most effective ways to support e-mental health

eMHPrac Activities

Project activities are free of charge and include:

- Face-to-face training workshops
- Online training webinars
- Online training modules
- Provision of support and mentoring

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