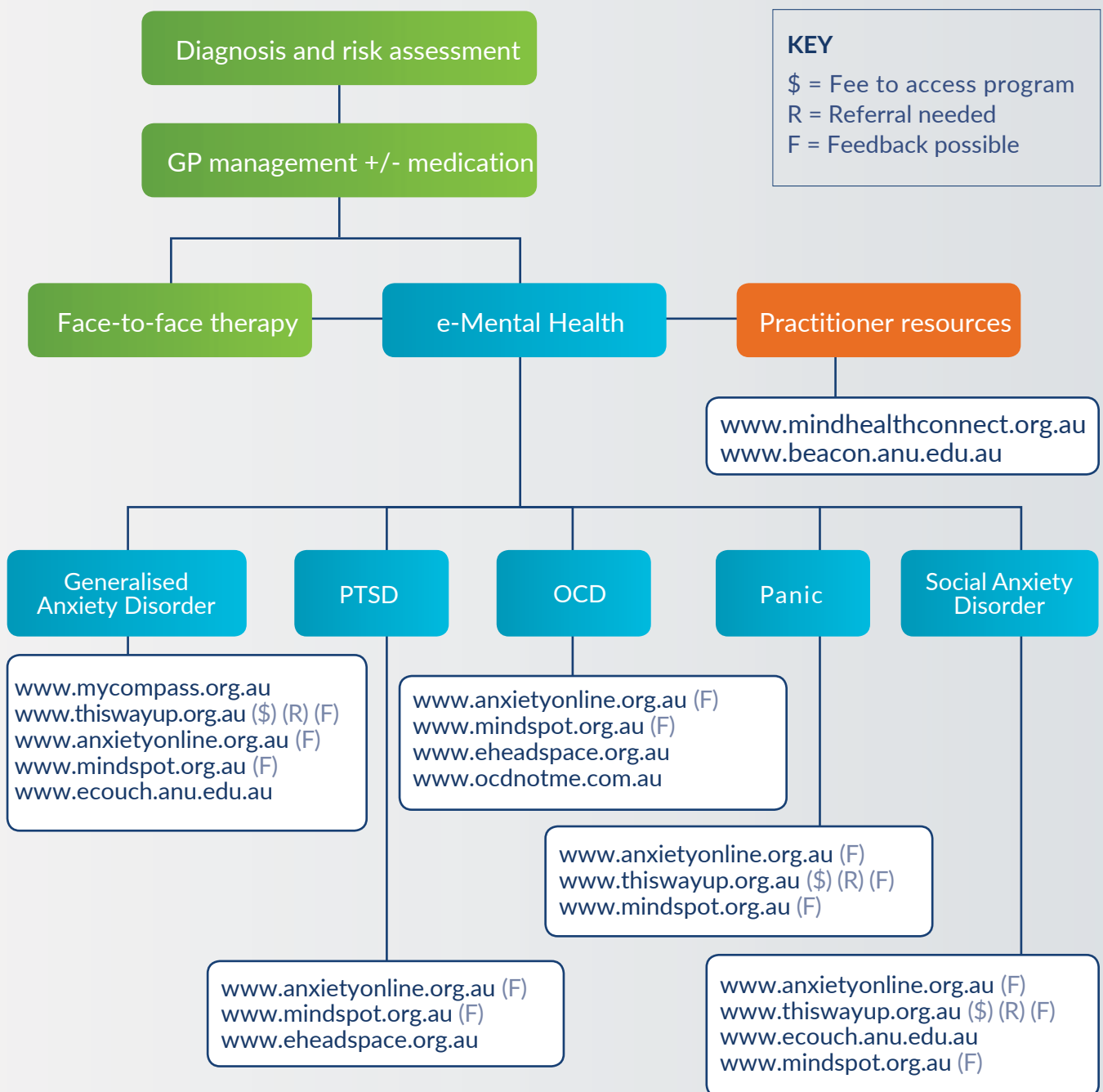




Anxiety and e-Mental Health GP Fact Sheet

Australian-developed evidence based e-mental health programs provide an additional layer of easily accessible psychological support for patients with a variety of mental health problems.

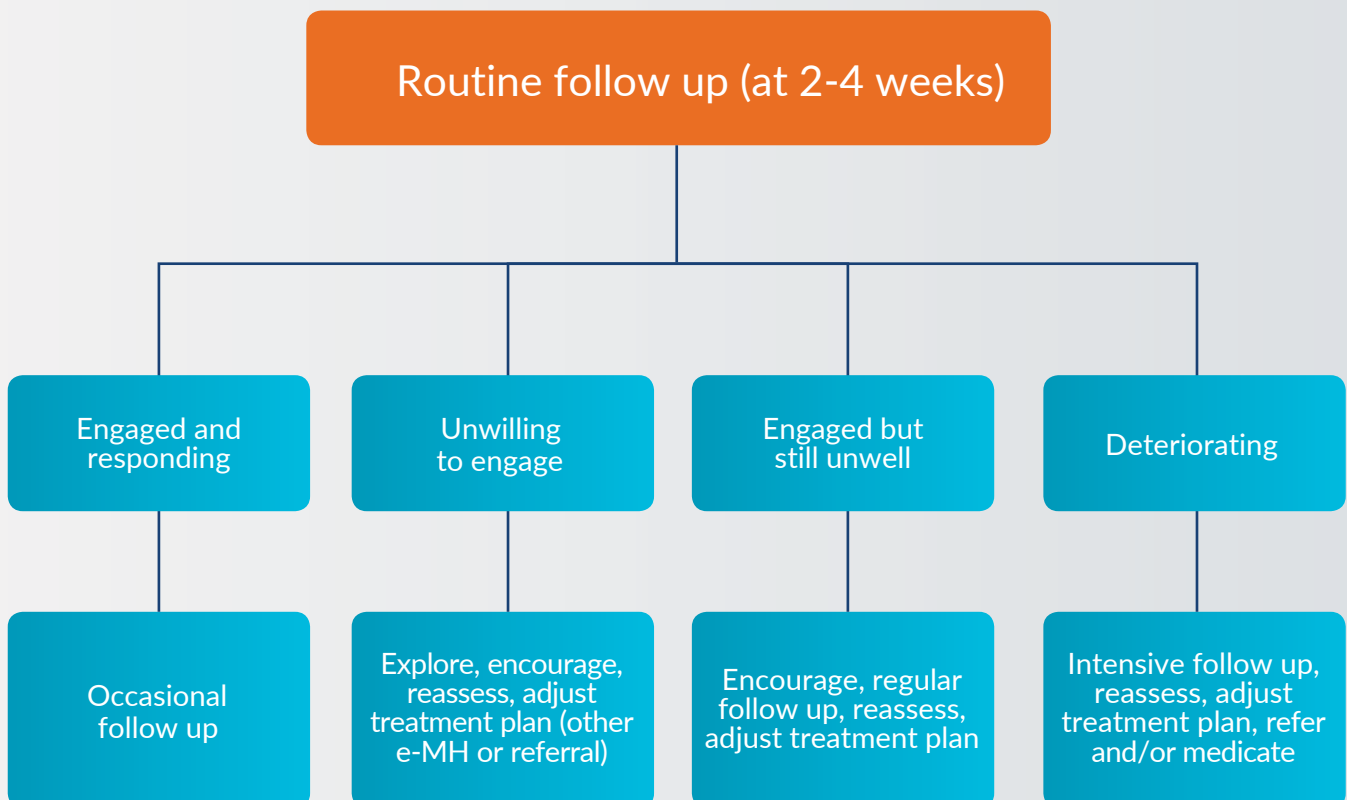


Patient follow up guidance on page 2 ►

Anxiety and e-Mental Health GP Follow Up

e-Mental Health programs are designed to complement rather than replace 'usual care'.

When integrating e-Mental Health programs into practice, it is important to be familiar with the content of the programs you recommend in order to effectively guide patients through their use.



It is worth remembering that all e-Mental Health programs benefit from a level of practitioner involvement in terms of both compliance and results.