Resources for Allied Health Professional Webinars 8 & 9

Portals and evaluation support tools
- Head to Health
- Beacon https://beacon.anu.edu.au
- Reachout tools and apps https://au.reachout.com/tools-and-apps
- psyberguide https://psyberguide.org
- Mindtools portal https://mindtools.io
- American Psychiatric Association https://www.psychiatry.org/psychiatrists/practice/mental-health-apps

Websites, apps and online services
Supported programs:
- Mindspot
- ecentre clinic
- mentalhealthonline
- thiswayup

Examples of some stand-alone tools
- MyCompass https://www.mycompass.org.au
- Brave online (children and young people – anxiety) http://www.brave-online.com

Apps and resources (including those illustrated in Case studies):
Adults
- Beyond Blue "Beyond Now" suicide prevention plan app: https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning
- Lifeline: https://www.lifeline.org.au/
- Mensline: https://mensline.org.au/
- Hello Sunday Morning website for reducing alcohol consumption: https://www.hellosundaymorning.org/
- My Quit Buddy app for reducing cigarettes: http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy
- This Way Up Depression program app: https://thiswayup.org.au/how-we-can-help/courses/depression/

Young people
- e-headspace https://headspace.org.au/eheadspace/
- Bite Back website: https://www.biteback.org.au/
- Kids Helpline website: https://kidshelpline.com.au/ and Kids Helpline Peer Support Groups:
- https://kidshelpline.com.au/khl-circles-research-project
- Reachout website: https://au.reachout.com/
- ReachOut Worrytime app: https://au.reachout.com/tools-and-apps/reachout-worrytime
- ReachOut Breathe app: https://au.reachout.com/tools-and-apps/reachout-breathe
- https://www.youthbeyondblue.com

Key research overviews and conceptual papers

Armstrong, C. M., et al (2017). Department of Defense Mobile Health Practice Guide (3rd ed.). Defense Health Agency Connected Health, U.S. Department of Defense. https://www.researchgate.net/publication/321547668_US_Department_of_ Defense_Mobile_Health_Practice_Guide_3rd_Edition

Andersson, G. 2015 Annual Review of Clinical Psych https://www.annualreviews.org/doi/abs/10.1146/annurev-clinpsy-021815-093006

Mohr D, Cuijpers P, Lehman K Supportive Accountability: A Model for Providing Human Support to Enhance Adherence to eHealth Interventions J Med Internet Res 2011;13(1):e30
DOI: 10.2196/jmir.1602
PMID: 21393123
PMCID: PMC3221353

Orman, J., et al (2014). Australian Family Physician: https://www.racgp.org.au/afp/2014/december/e-mental-health-for-mood-and-anxiety-disorders-in-general-practice/

Reynolds J, Griffiths KM, Cunningham JA, Bennett K, Bennett AClinical Practice Models for the Use of E-Mental Health Resources in Primary Health Care by Health Professionals and Peer Workers: A Conceptual Framework JMIR Ment Health 2015;2(1):e6 DOI: 10.2196/mental.4200   https://mental.jmir.org/2015/1/e6/

Additional professional development resources

- MH Community Practice: https://www.blackdoginstitute.org.au/education-training/health-professionals/emental-health-in-practice/online-mental-health-community-of-practice