

## e-hub Online Self-help Programs for Mental Health

Without effective treatment, depression and anxiety are likely to last longer and recur.

There is increased risk of suicide, relationship and work difficulties, harmful alcohol and substance use, and insomnia, as well as poorer ability to recover from physical illness.

Many people with depression and anxiety disorders don't seek help – common obstacles include lack of access (especially to psychological treatment), fears of stigma, and the belief that “no-one can help”. Treatment delivered over the Internet can help overcome some of these obstacles.

The award-winning e-hub team at The Australian National University has developed four innovative online self-help services that can be accessed anonymously and free of charge, 24 hours a day, from anywhere.

e-hub's programs have been developed by internationally recognised experts in the field of mental health and web service delivery research, some of whom have personally experienced depression. Thus the programs incorporate both a rigorous research perspective and a consumer focus.



**BlueBoard:** An online support group for people affected by depression, bipolar disorder and anxiety disorders. It aims to reduce stigma, and to provide support, hope and opportunities for sharing successful coping strategies. The group is run as a moderated bulletin board with strict protocols to enhance safety and privacy.

[www.blueboard.anu.edu.au](http://www.blueboard.anu.edu.au)

**BluePages:** Information about depression and its treatment. The site includes reviews of the available scientific evidence for a wide range of treatments. It also incorporates information about the experience and symptoms of depression and state-based resources for help. Research indicates that use of this site can be effective for decreasing depressive symptoms.



[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au)



**e-couch:** e-hub's newest self help interactive program includes modules for social anxiety and generalised anxiety as well as depression. It provides self-help interventions drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity. Modules for panic disorder, bereavement and relationship breakdown are currently being developed.

[www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au)

**MoodGYM:** A popular interactive program which incorporates cognitive-behaviour therapy for depression. It was first launched in 2001 and is now in its third revision. MoodGYM has been extensively researched and its effectiveness has been demonstrated in randomised controlled trials.



[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Postcards and posters are available for your school, workplace, clinic or health centre.

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