

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 e-hub team at The Australian National University has developed five 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 mental health problems. These 3 links provide information to help you understand and improve your mental health. They are NOT staffed helplines, your identity is protected and no one will have a record of what you looked at or typed in. If things are bad, go immediately to the next link for Hong Kong help and support services.

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 Australian state and international resources for help. Research shows that use of this site can be effective for decreasing depressive symptoms.



<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.



www.ecouch.anu.edu.au



It provides self-help interventions drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity.

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.
(site available in **Chinese** and English).
<https://moodgym.anu.edu.au/welcome>



- **Wherever you are, you should always talk to someone if you are feeling down, sad or depressed. Immediately find someone you know and talk to them, tell them how you are feeling, use our [Mental Health Contacts in Hong Kong](#) resources link or go straight to the internet and look up Youth Health or Youth Mental Health support services or Suicide Prevention, then act contact them!**



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