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Conference Abstract

eHealth integrated interventions for MH

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Abstract

Australia is an innovator in the development of e health interventions for mental health conditions, such as anxiety, depression, PTSD, suicide risk, and comorbidity with drug and alcohol problems.

E mental health is cost effective, able to be delivered into a range of settings, including health, education and community contexts, works for mild to moderate as well as more severe mental health conditions. Importantly, e health solutions are likely to cost less than face to face conditions, yet are relatively under-used. There are a variety of 'models' for e health delivery. However, a major problem has been the difficulty in integrating e health into health systems.

In this paper, we outline the reasons we believe that e health 'solutions' are relatively underused in the treatment and prevention of mental health problems. We believe the reasons include reluctance in their use by health professionals, lack of knowledge of the specific range, quality and targets of current applications by the public, and financial and other disincentives for their use both as 'standalone solutions' and as integrated tools within current health and education systems.

We suggest ways in which e health can become more relevant, useful and prevalent. We suggest methods by which e health can be integrated, and, indeed, transformative for people with common mental health disorders, such as anxiety and depression.

Keywords

ehealth

PowerPoint presentation

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