

## FAQS:

### **Do e-Mental Health Apps really work? How will this help me?**

Many people with mental health issues can find online interventions helpful. e-MH resources can be effective with the right understanding and support on how to use them. There is increasing research on the effectiveness of e-MH treatments and CBT\*\* based online treatments and they are seen to be helpful for many people. The aim of the e-MH clinic is to give you an introduction to CBT principles, to help you start understanding your mental health, to give you the language to talk about your feelings, and introduce you to some tools to manage your mental health.

### **How do I choose what App to use?**

Different apps work for different people depending on what support they need and what works for them. With the advice and support from an e-clinician at the e-clinic helping you to decide, and the ability to trial different apps, you will find what works for you. Different approaches work for different people so don't be afraid to try different apps to see what you feel most comfortable with, or what works best for you!

### **How do I explain to my loved ones what I am doing?**

You can share the information we provided on our website with your loved ones. The information on our website is set out to help people understand the e-clinic and how apps can help improve your mental health. Anyone is welcome to call our headspace Penrith line and ask to speak with someone about the e-clinic, or drop us an email at [eclinic@parramattamission.org.au](mailto:eclinic@parramattamission.org.au) if they would like more information!

### **How long does it take to use the Apps?**

Most courses are made up of six modules and should take no more than one hour to complete a module. You can spread these modules across 6 weeks or up to 12 weeks. You can talk to the e-Clinician about timing that works best for you.

## **Why can't I just talk to someone one on one?**

We want to offer you a different starting point to getting support here at headspace. By starting off with our e-MH clinic you can start to identify the strategies that you find useful and not so useful before you start talking to someone one on one. The tools you will learn from the e-clinic resources will enable you to help yourself in times when it's more difficult to get one to one support. After going through the online treatment at the e-clinic we will look at how you are feeling and can move on to seeing someone one on one if this is the support you need. This would also help our team understand your needs and experiences better so that can make sure we tailor your support to fit your needs.

## **How do I stay motivated to use my at home e-MH Apps?**

You can start by setting an alarm at the same time every day as a reminder to check in with your app and track your mood. Much like any other appointment - setting a reminder to spend time on your app will help you build up the habit so you know the time you have set out to use your App. You can also book a time to come to the e-clinic at the headspace Penrith centre to have support from an e-clinician in using any Apps or completing your modules.

## **What if I do not know how to use the e-MH Apps?**

We want you to get the most out of the apps that we use at the e-clinic so if there is anything you need support with you can always ask the e-clinician in the e-clinic centre. If you are continuing to work through your programme at home, and have any questions, feel free to drop us an email at: [eclinic@parramattamission.org.au](mailto:eclinic@parramattamission.org.au) or give us a call at the headspace Penrith centre on [\(02\) 4720 8800](tel:(02)47208800) and ask to speak to the e-clinic.

## **Will this interfere with school/ work/other responsibilities?**

Much like anything else, you can put in as much or as a little time in the app, depending on what you wish to get out of it. Depending on the app you use, some will require sitting for an hour once a week, others can be used as and when you wish. Finding a time everyday where you can spare some time around school or work will help you to stick to it without it interfering with school.

\*\* Cognitive behavioral therapy is a psycho-social intervention that aims to improve mental health.