



Ireland: Towards an eMental Health Strategy?

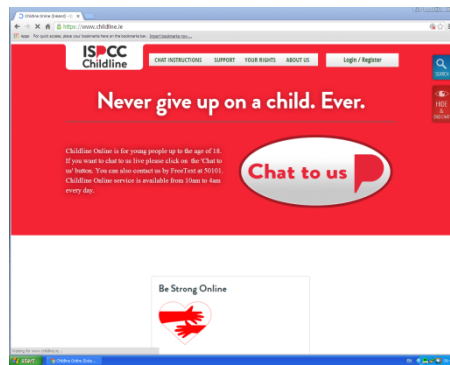
Kevin Cullen

A broad perspective on eMental Health



TELEPHONE / SKYPE SESSIONS

Convenient one-to-one Therapy
Convenient one-to-one Coaching
World-wide Services
The -BWRT-Clinic



iHabit™

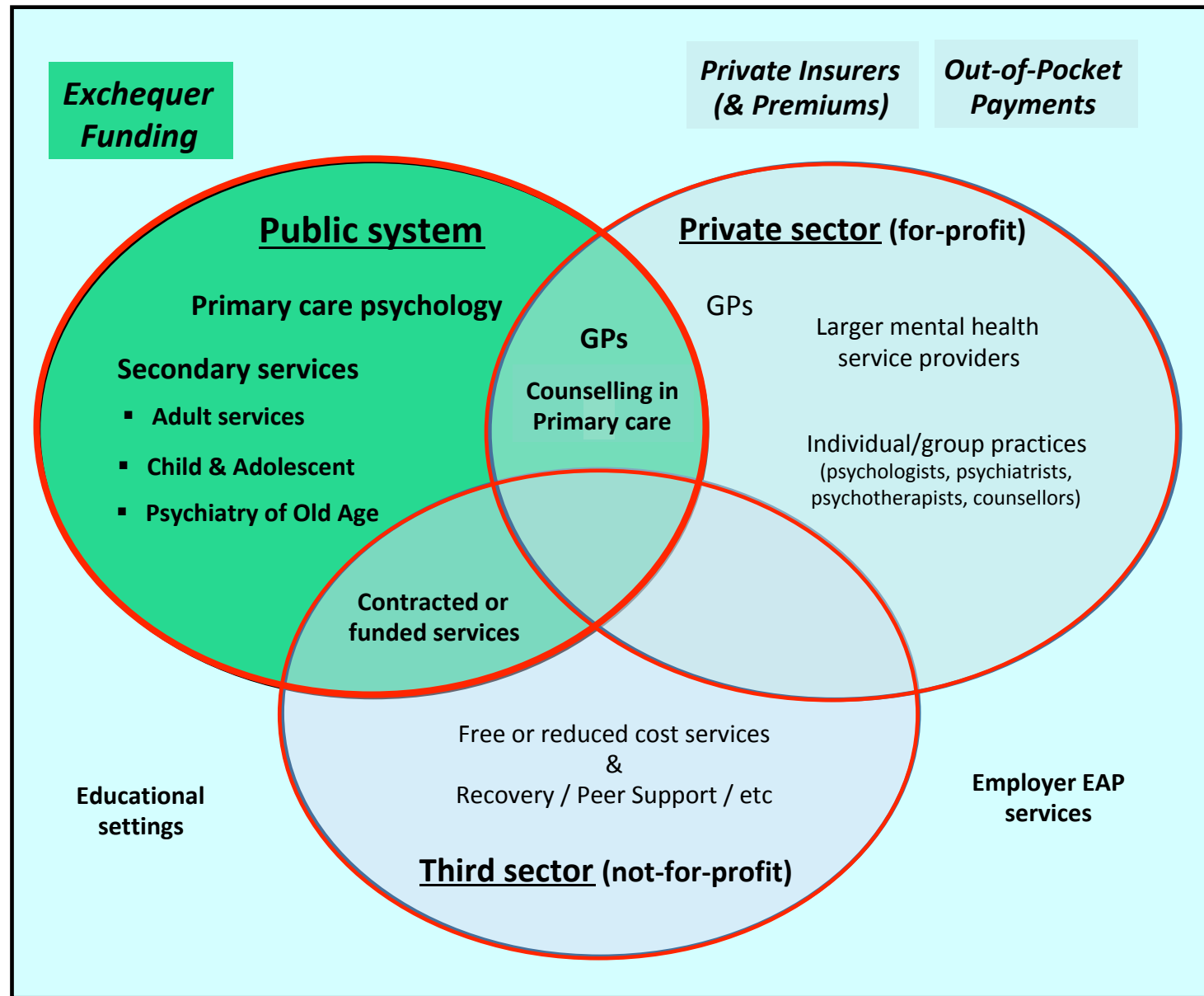
Ecological
Momentary
Assessment &
Intervention





Public-private mix & Role of third sector (NGOs)

Mental health services in Ireland



Emerging strategy/approach in Ireland

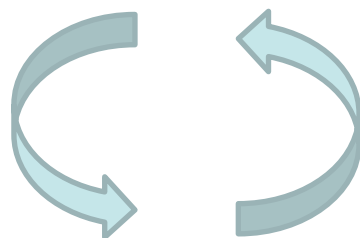


'Top-down'

- Govt. Minister & Health Ministry
- National health service (HSE)
- eHealth Strategy
- New mental health policy framework

Needs & changing demand

- Access to 'talking therapies'
- Self-help
- Recovery movement
- 'Digital generation'



Mental health services

- Not enough clinicians/therapists
- Service improvement/innovation
- Capacity through partnerships (public & third sector & private sector)

'Bottom-up'

- Mental health service providers using eMental Health (NGOs, private, etc)
- eMental health product developers (universities, SMEs, NGOs, etc)
- Innovation support initiatives (eMEN project, etc)

Emerging Consensus:



- ❑ Considerable potential from eMental health...
- ❑ ...to support (not replace) face-to-face therapy



We (still) need to talk...!

Some key developments & initiatives



HSE Project:

Developing Digital Mental Health Supports in Ireland



eMental Health

State-of-the-art
& Opportunities
for Ireland



May 2018

- Online information & signposting
- Telepsychiatry
- Telecounselling
- eTherapy & eWell programme
- Crisis Text service
- Bipolar Disorder 'Lighthouse Project'

Information & sign-posting

https://www2.hse.ie/mental-health/

HSE our health service

Search

HSE.ie > Mental health

your mental health.ie

Your mental health

Find advice, information and support services for mental health and wellbeing
Do you need to talk to someone now? Free call Samaritans 116 123

- [Mental health issues](#)**
Information on common mental health issues such as depression and anxiety
- [Coping with difficult situations](#)**
Advice on how to cope with difficult situations that can impact your mental health
- [Find support and services](#)**
Search for online, telephone or face-to-face mental health supports and services
- [Get urgent help](#)**
Help for a mental health emergency or crisis
- [Looking after your mental health](#)**
Things you can do to support your mental wellbeing
- [Information and advice for family and friends](#)**
Practical advice on how you can help someone experiencing mental health issues

What's on your mind?

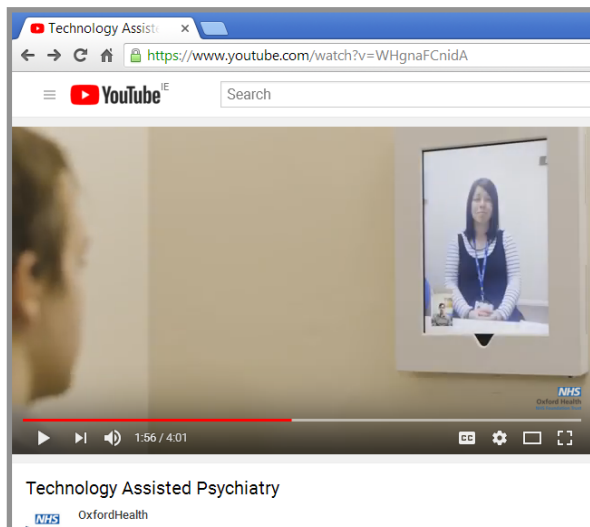
Not sure what you are looking for? Find the most relevant support services for you.

- Abuse
- Anxiety
- Bereavement
- Bipolar disorder
- Bullying
- Depression
- Drugs and alcohol
- Loneliness
- Problems sleeping
- Schizophrenia
- Stress
- Suicide

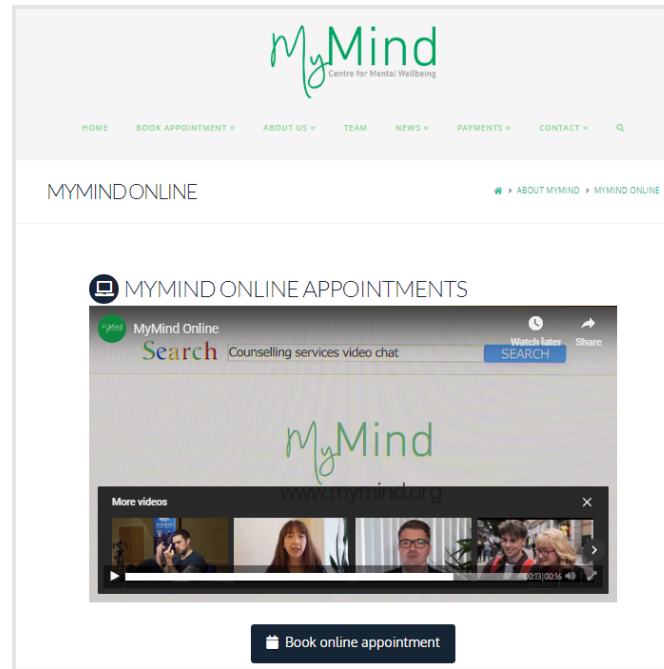
Telepsychiatry



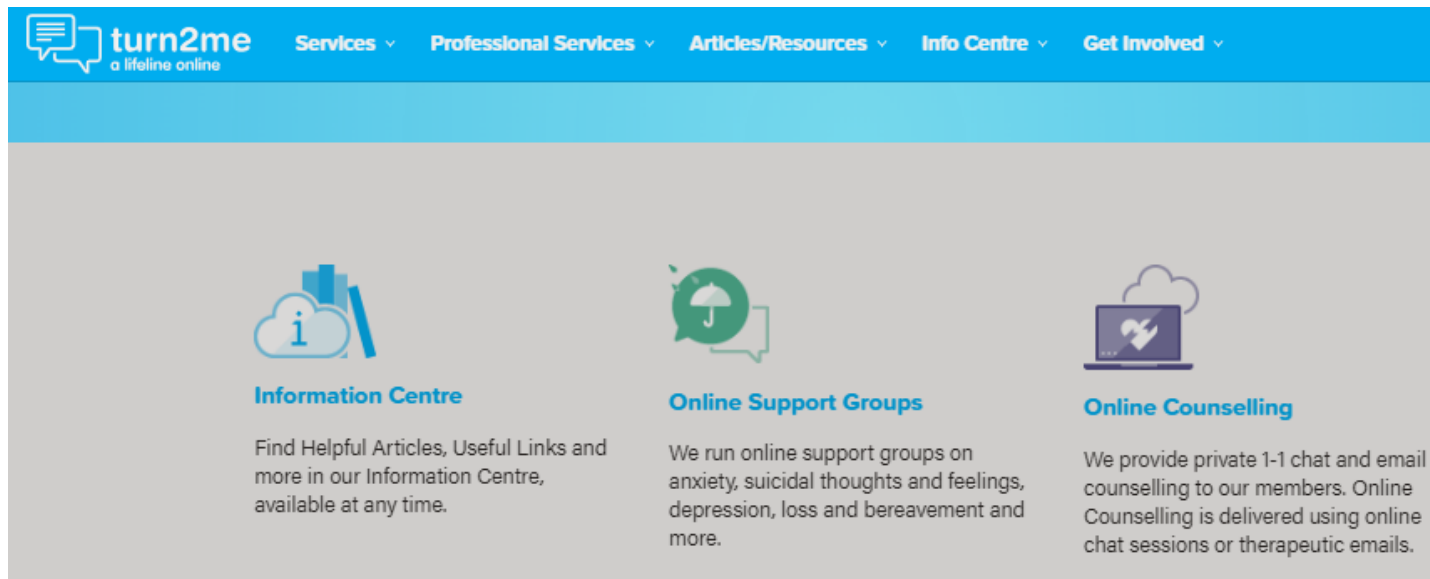
- Child and Adolescent services (CAMHS)
- Emergency Departments
- Etc.



Telecounselling



Video



Text



eTherapy

Increasing bottom-up activity

SilverCloud product suite

Trinity College Dublin
Trinity College Dublin
The University of Dublin

Welcome to SilverCloud, your space for thinking and feeling better

“The exercises in this programme have really helped me”
SilverCloud Health User

What is SilverCloud
Secure, quick access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

Our programmes have demonstrated high improvement rates for depression, anxiety and stress.

It's flexible – access it anywhere, on your computer, tablet or mobile phone.

How it works
Programmes consist of six to seven modules – complete these at your own pace, over approximately eight weeks.

Easy to use – Interactive tools and activities make your experience interesting and motivational.

You will be assigned an online supporter who will review your progress each week. This supporter will be an SCS clinical team member of the Student Counselling Service.

NGOs

Aware
Your supporting light through depression

Information Services Events Volunteer Fundraise About Us

HOME SERVICES LIFE SKILLS ONLINE

Life Skills Online

The Aware Life Skills Online is a free educational programme offered to adults aged 18 and over, which is delivered online. Participants complete the modules online, in their own time, over eight consecutive weeks. Each participant will also be partnered with a 'supporter', a trained Aware volunteer. We encourage participants to complete all modules to get the maximum benefit from the programme.

Life Skills
Programmes to help you deal with life's challenges

Helpline 1890 200 444 or alex@bodywhys.ie Home About Us Contact Us FAQs Donate

BODYWHYS UNDERSTANDING EATING DISORDERS RECOVERY, TREATMENT & SUPPORTING SOMEONE UPCOMING EVENTS FOR PROFESSIONALS MEDIA & RESEARCH GET INVOLVED

Recovery, Treatment & Supporting Someone Other Resources SeeMySelf Programme

SEEMYSELF PROGRAMME

SeeMySelf – is an online psycho-education programme designed for young people aged 15-24. The programme focuses on different issues such as self-esteem, body image and media, and culture.

Participants work through a series of the six modules week-by-week.

Each participant is allocated a supporter who will, via the online programme, check in with the person's progress and engagement with the modules weekly.

If you would like to explore these topics some more, if you would like to be better understand how your feelings and thoughts influence each other, then please contact Kathy, supportofficer@bodywhys.ie

QUICK LINKS

- BOOKLIST
- DOWNLOADS
- HELPLINES FOR OTHER ISSUES
- PERSONAL STORIES
- REFOCUS
- SEEMYSELF PROGRAMME**
- WEBSITES

- HSE in-house development
- Supported eCBT for Adolescents
- Assistant Psychologists



Crisis Text Line




CRISIS TEXT LINE
Text HOME to 741741 in the US

Get Help ▾ Volunteer Learn ▾ Donate About Us ▾


How Does Crisis Text Line Work?

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text. Here's how it works:


THE SHORT VERSION



Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.

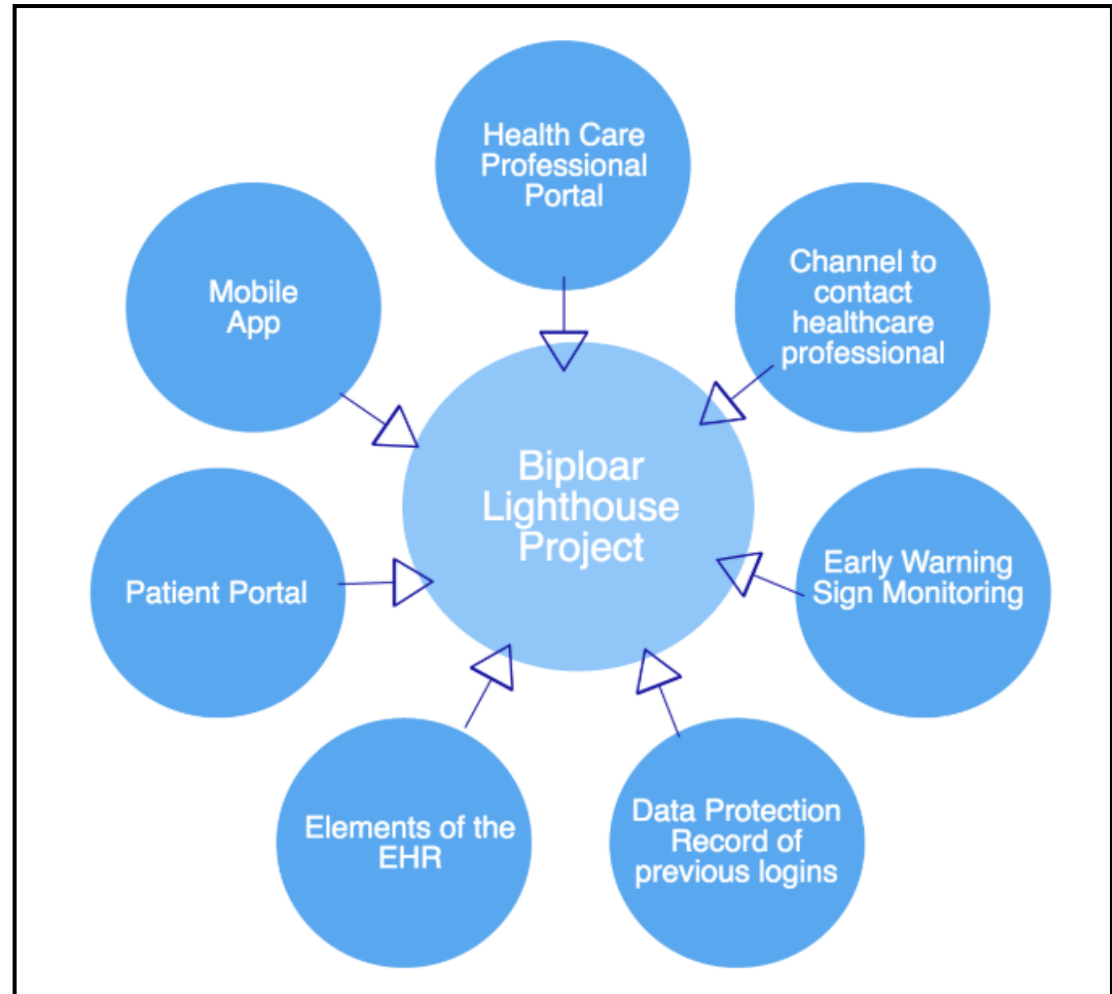


A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.



The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Bipolar Disorder - Lighthouse project



Next Steps?

□ Large-scale implementation (pilots / proof-of-concept)

- **Telemental health & eTherapy (blended)**
- **Partnership arrangements**
 - Public sector
 - Third sector
 - Private sector

□ Innovation 'hub' ('living laboratory')

- **Co-production**
 - Clinicians
 - Users
 - Technology developers
- **New supports for user empowerment**
 - Severe and enduring conditions
 - Other areas

Thank You!

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