# Self-help—online

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# Self-help—online

## Identifying and definitional attributes

**Metadata item type:** Glossary Item

**METEOR identifier:** 494960

**Registration status:** Health!, Superseded 16/01/2020

**Definition:** Self-help—online includes structured interactive online programs which take people, who have a lived experience of mental illness, through exercises to help them develop skills to handle life's challenges more effectively.

Unlike **Counselling, support, information and referral–online**, services which fall under Self-help—online never involve interaction with another person, only interaction with the online program's content.

**Context:** Mental health non-government organisation establishments service type taxonomy.

## Collection and usage attributes

**Guide for use:**

*Distinguishing features:*

- Population-based (rather than individually-tailored)
- Conducted online
- Not individually facilitated by another person
- Available 24 hours a day

*Inclusions:*

- Cognitive behaviour therapy- (CBT) based programs
- Interpersonal psychotherapy- (IPT) based programs

*Exclusions:*

- Mutual support and self-help activities which incidentally occur online, e.g. online support groups (these services are not currently reported in the Mental health non-government organisation establishments DSS)

*Example services:*

- myCompass

## Source and reference attributes

**Submitting organisation:** Australian Institute of Health and Welfare

## Relational attributes

**Related metadata references:**

Has been superseded by Self-help—online
Health!, Standard 16/01/2020

See also Mental health non-government organisation service type code N[N]
Health!, Standard 13/11/2014

**Metadata items which use this glossary item:**

Mental health non-government organisation establishments NBEDS 2015-
Health!, Standard 13/11/2014

Mental health non-government organisation grants cluster
Health!, Superseded 16/01/2020

Mutual support and self-help
Health!, Superseded 16/01/2020

Self-help—online mental health service type cluster
Health!, Standard 13/11/2014