Self-help—online

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# Self-help—online

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| Identifying and definitional attributes |
| Metadata item type: | Glossary Item |
| METEOR identifier: | 494960 |
| Registration status: | [Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Superseded 16/01/2020 |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**](https://meteor-uat.aihw.gov.au/content/494957), 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. |

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| 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
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| Source and reference attributes |
| Submitting organisation: | Australian Institute of Health and Welfare |
| Relational attributes |
| Related metadata references: | Has been superseded by [Self-help—online](https://meteor-uat.aihw.gov.au/content/721755)[Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Standard 16/01/2020See also [Mental health non-government organisation service type code N[N]](https://meteor-uat.aihw.gov.au/content/567341)[Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Standard 13/11/2014 |
| Metadata items which use this glossary item: | [Mental health non-government organisation establishments NBEDS 2015-](https://meteor-uat.aihw.gov.au/content/494729)[Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Standard 13/11/2014[Mental health non-government organisation grants cluster](https://meteor-uat.aihw.gov.au/content/585981)[Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Superseded 16/01/2020[Mutual support and self-help](https://meteor-uat.aihw.gov.au/content/494967)[Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Superseded 16/01/2020[Self-help—online mental health service type cluster](https://meteor-uat.aihw.gov.au/content/494820)[Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Standard 13/11/2014 |