Self-help—online

Exported from METEOR

(AIHW's Metadata Online Registry)

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website’s material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at https://creativecommons.org/licenses/by/4.0/.

Enquiries relating to copyright should be addressed to info@aihw.gov.au.

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at meteor@aihw.gov.au.

# Self-help—online

|  |  |
| --- | --- |
| 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| Registration status: | [Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Superseded 16/01/2020 |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. |

|  |  |
| --- | --- |
| 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](https://meteor-uat.aihw.gov.au/content/721755)  [Health!](https://meteor-uat.aihw.gov.au/RegistrationAuthority/14), Standard 16/01/2020  See 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 |