

# Self-help—online

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# Self-help—online

## Identifying and definitional attributes

<b>Metadata item type:</b>	Glossary Item
<b>METEOR identifier:</b>	494960
<b>Registration status:</b>	<a href="#">Health</a> , Superseded 16/01/2020
<b>Definition:</b>	<p>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.</p> <p>Unlike <a href="#">Counselling, support, information and referral—online</a>, services which fall under Self-help—online never involve interaction with another person, only interaction with the online program's content.</p>
<b>Context:</b>	Mental health non-government organisation establishments service type taxonomy.

## Collection and usage attributes

<b>Guide for use:</b>	<p><i>Distinguishing features:</i></p> <ul style="list-style-type: none"><li>• Population-based (rather than individually-tailored)</li><li>• Conducted online</li><li>• Not individually facilitated by another person</li><li>• Available 24 hours a day</li></ul> <p><i>Inclusions:</i></p> <ul style="list-style-type: none"><li>• Cognitive behaviour therapy- (CBT) based programs</li><li>• Interpersonal psychotherapy- (IPT) based programs</li></ul> <p><i>Exclusions:</i></p> <ul style="list-style-type: none"><li>• 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)</li></ul> <p><i>Example services:</i></p> <ul style="list-style-type: none"><li>• myCompass</li></ul>
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## Source and reference attributes

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

## Relational attributes

<b>Related metadata references:</b>	<p>Has been superseded by <a href="#">Self-help—online</a> <a href="#">Health</a>, Standard 16/01/2020</p> <p>See also <a href="#">Mental health non-government organisation service type code N[N]</a> <a href="#">Health</a>, Standard 13/11/2014</p>
<b>Metadata items which use this glossary item:</b>	<p><a href="#">Mental health non-government organisation establishments NBEDS 2015-</a> <a href="#">Health</a>, Standard 13/11/2014</p> <p><a href="#">Mental health non-government organisation grants cluster</a> <a href="#">Health</a>, Superseded 16/01/2020</p> <p><a href="#">Mutual support and self-help</a> <a href="#">Health</a>, Superseded 16/01/2020</p> <p><a href="#">Self-help—online mental health service type cluster</a> <a href="#">Health</a>, Standard 13/11/2014</p>

