

# Self-help—online

## Identifying and definitional attributes

**Metadata item type:** Glossary Item

**METEOR identifier:** 721755

**Registration status:**

- [Health](#), Standard 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 NBEDS)

## Source and reference attributes

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

## Relational attributes

**Related metadata references:** Supersedes [Self-help—online](#)

- [Health](#), Superseded 16/01/2020

**Metadata items which use this glossary item:** [Counselling, support, information and referral—online](#)

- [Health](#), Standard 16/01/2020

[Mental health non-government organisation payments cluster](#)

- [Health](#), Standard 16/01/2020

[Mutual support and self-help](#)

- [Health](#), Standard 16/01/2020

