

Self-help—online

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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[Health](#), Superseded 16/01/2020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: [Mental health non-government organisation payments cluster](#)
[Health](#), Standard 16/01/2020
[Mutual support and self-help](#)
[Health](#), Standard 16/01/2020