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: | 721755 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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**](https://meteor.aihw.gov.au/content/721752), 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 NBEDS)
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| Source and reference attributes |
| Submitting organisation: | Australian Institute of Health and Welfare |
| Relational attributes |
| Related metadata references: | Supersedes [Self-help—online](https://meteor.aihw.gov.au/content/494960)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Superseded 16/01/2020 |
| Metadata items which use this glossary item: | [Mental health non-government organisation payments cluster](https://meteor.aihw.gov.au/content/721704)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 16/01/2020[Mutual support and self-help](https://meteor.aihw.gov.au/content/721759)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 16/01/2020 |