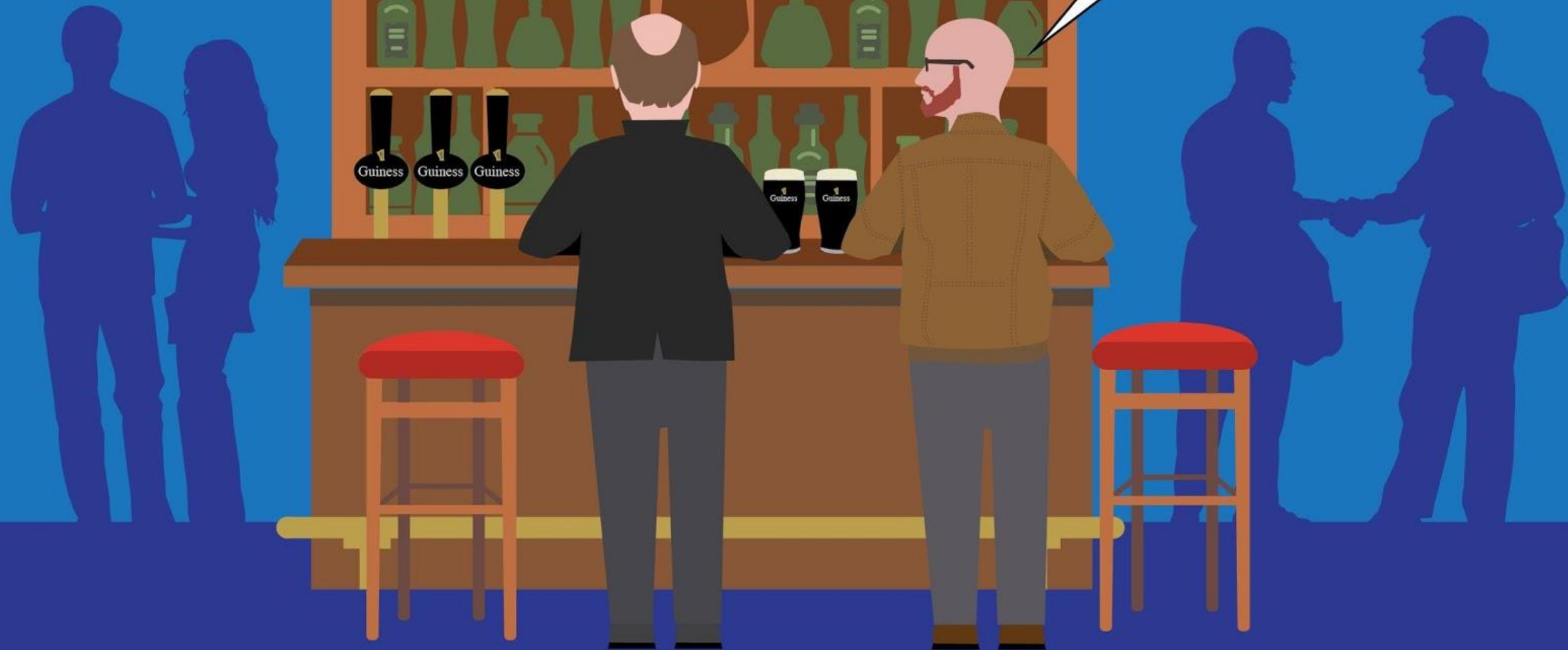




**turn2me.org**  
e-mental healthcare

IN 2009 AN IDEA WAS BORN TO CREATE AN  
ONLINE COMMUNITY TO COMBAT MENTAL  
HEALTH ISSUES AND PROVIDE OUT OF HOURS  
HELP FOR THOSE AT RISK OF SUICIDE...

...I HAVE A BIT  
OF AN IDEA BRO



OISÍN AND DIARMUID BEGAN TO CONNECT WITH PROFESSIONALS FROM ALL OVER IRELAND TO START WORK ON AN ONLINE PLATFORM WHERE PEOPLE COULD CONNECT AND SUPPORT EACH OTHER WITHIN A SAFE AND ANONYMOUS ENVIRONMENT. A FREE 24 HOUR SUPPORT GROUP MONITORED BY MENTAL HEALTH PROFESSIONALS, TRAINED TO PROVIDE INTERVENTIONAL SUPPORT TO USERS AT RISK OF SUICIDE.



# WHO ARE WE?



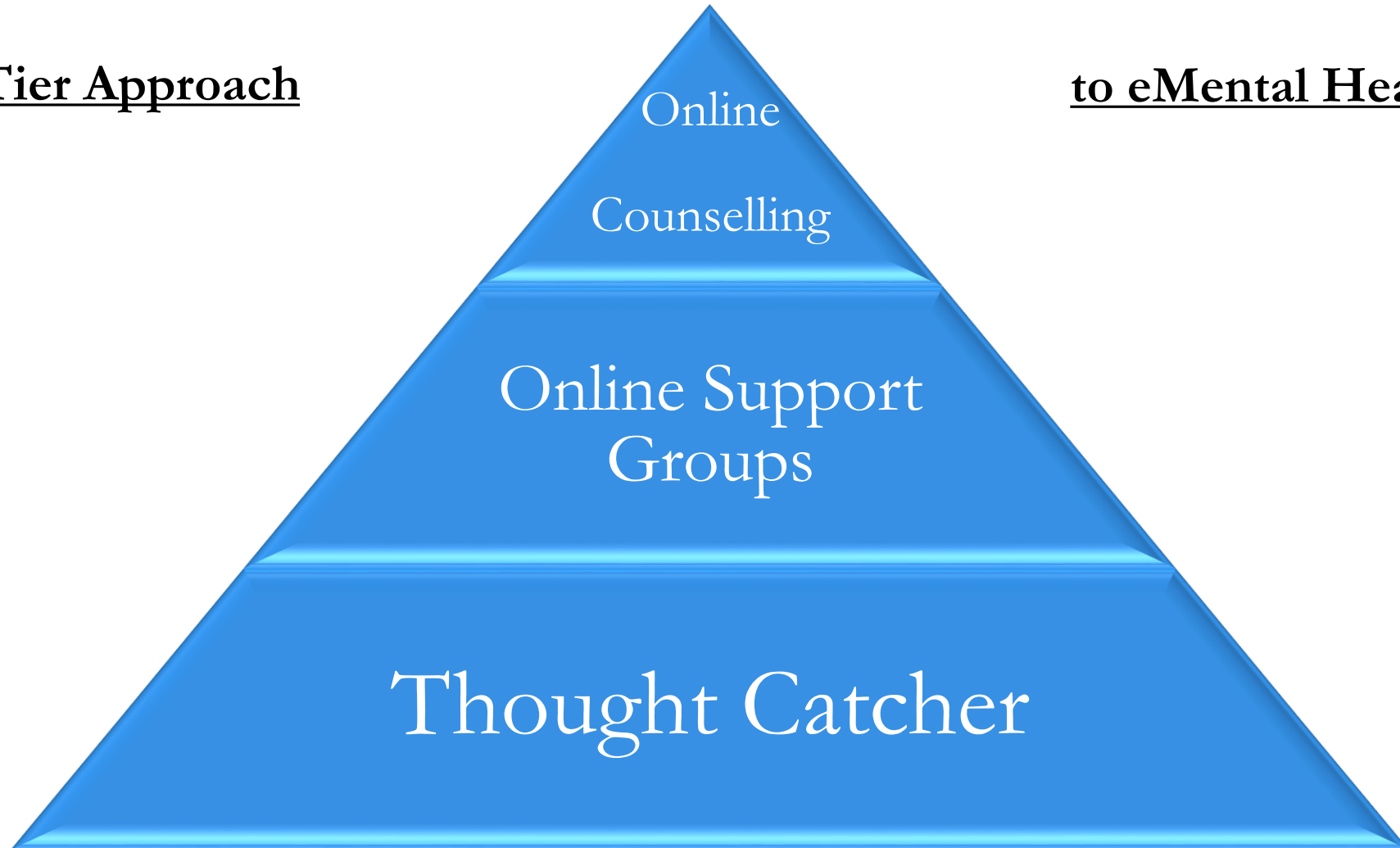
- An online e-mental healthcare provider founded in 2009 by 2 brothers from the personal loss of their brother to suicide.
- Providing online mental health services across Ireland 24/7 365 days a year on all connected devices.
- Our values are anonymity, confidentiality and non-judgemental support.
- Our services are open currently to all over the age of 18 – we reach and welcome diverse populations making no distinction on the basis of gender, race, age, disability, sexuality, marital status or membership of the Travelling community.
- We are bringing mental health services into people's homes.

# WHAT WE DO



## A 3 Tier Approach

## to eMental Health



# SUPPORT & COLLABORATION



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



National Office  
for Suicide  
Prevention



# THOUGHT CATCHER

- Posting Thoughts & Feelings publicly and anonymously.
- Peer Support and Community through member engagement and offering support to other members.
- Clinically monitored to reach out to members who may need support and signposting to Online Support Groups, Online Counselling and/or their GP/Doctor.



# ONLINE SUPPORT GROUPS





# ONLINE COUNSELLING



Video

Live Chat

Email

Voice Over IP

# VIDEO SESSIONS



Services ▾

Professional Services ▾

Articles/Resources ▾

Info Centre ▾

Get Involved ▾



RCBO55



CHAT MODERATOR



Turn2me\_Brian

PARTICIPANTS (1)





- As a text based intervention void of the traditional visual cues associated with face-to-face or video counselling, the client and the counsellor develop a therapeutic relationship through language and tone.
- Pauses and long bursts of text are both areas which the counsellor can engage with the client towards developing a therapeutic relationship.

# EMAIL SESSIONS



- The therapeutic relationship is developed through the outpouring of the clients thoughts and feelings as they express themselves through their language and the tone of their words.
- Email sessions can help clients to focus on what is happening for them and empowers them to vocalize their emotions as they write each long email session.

# CLIENT FEEDBACK - 1



Services ▾

Professional Services ▾

Articles/Resources ▾

Info Centre ▾

Get Involved ▾



RCBO55



Online Counselling | Turn2me\_Brian

OCT 05 2018

CLOSE & FINISH CHAT

CHAT MODERATOR



Turn2me\_Brian

PARTICIPANTS (1)



**RCBO55** a minute ago

It's a bit like having a life line cast into your sitting room. You get what you need to get off your chest, close your computer, make a cup of tea in your favourite mug and reflect in the comfort of your own home.



**RCBO55** a minute ago

For people who suffer from sever anxiety/traumas and find it difficult to leave the house, let alone make an appointment - travel - sit in a room with a stranger, this service is a wonderful first step and catalyst for recovery.

Type your message here...

Send

Post a new thought



Dashboard



Group Support Schedule



Thought Catcher



Mood Graph



Online Counselling



Information Centre



Give your feedback



Forms and Applications



Consent Form



# CLIENT FEEDBACK - 2



Services ▾

Professional Services ▾

Articles/Resources ▾

Info Centre ▾

Get Involved ▾



NeedHelp30



Online Counselling | Turn2me\_Brian  
OCT 06 2018

CLOSE & FINISH CHAT

CHAT MODERATOR



Turn2me\_Brian

PARTICIPANTS (1)



**NeedHelp30** 6 minutes ago

Having struggled with addiction for several years, I was unsure if online counselling could help me. However, I found both the live chat and email sessions to be incredibly helpful, enabling me to process issues and emotions which I have been unable to discuss with anyone.



**NeedHelp30** 5 minutes ago

The complete anonymity throughout the process and the flexibility of the online sessions were a key advantage over traditional face-to-face counselling - which I deem wholly unsuitable for my needs.

Type your message here...

Send

Post a new thought



Dashboard



Group Support Schedule



Thought Catcher



Mood Graph



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Give your feedback



Forms and Applications



Consent Form



# EVIDENCE BASED



- Dowling, M. and Rickwood, D. 2014. Investigating individual online synchronous chat counselling processes and treatment outcomes for young people. *Advances in Mental Health*, Vo. 12, Issue 3, pp.216-224.
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- Konigbauer, J., Letsch, J., Doeblner, P., Ebert, D., and Baumeister, H. 2017. Internet- and mobile-based depression interventions for people with diagnosed depression: A systematic review and meta-analysis. *Journal of Affective Disorders*, Vol. 223, pp.28-40.
- Firth, J., Torous, J., Nicholas, J., Carney, R., Rosenbaum, S., and Sarris, J. 2018. Can smartphone mental health interventions reduce symptoms of anxiety? A meta-analysis of randomized controlled trials. *Journal of Affective Disorders*, Vol. 218, pp.15-22.



# NOTHING NEW HERE



- In the treatment of Little Hans, Freud didn't work directly with little Hans, but instead corresponded with his father, suggesting possible lines of questions which the father would try with Hans and reported back to Freud what the outcome was (Freud, 1909).
- Freud, S. 1909. *Analysis of a phobia of a five year old boy*. In 'The Pelican Freud Library, 1977, Vol. 8, Case Histories 1, pp.169-306.

# COLLABORATION



THANK YOU



We love to collaborate – feel free to get in touch.



**Thank  
You!!!**

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Clinical Manager

Turn2Me eMental Health

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