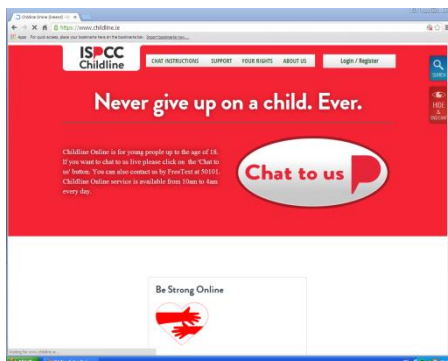


# eMental Health for Third Level Students

## Overview

**Kevin Cullen**

# A broad perspective on eMental Health



# eMental health developments & initiatives



## HSE Project:

### *Developing Digital Mental Health Supports in Ireland*

- Online information & signposting
- Telepsychiatry
- Telecounselling
- 'Blended' Therapy (Online CBT)
- Crisis Text service
- Bipolar Disorder 'Lighthouse Project'



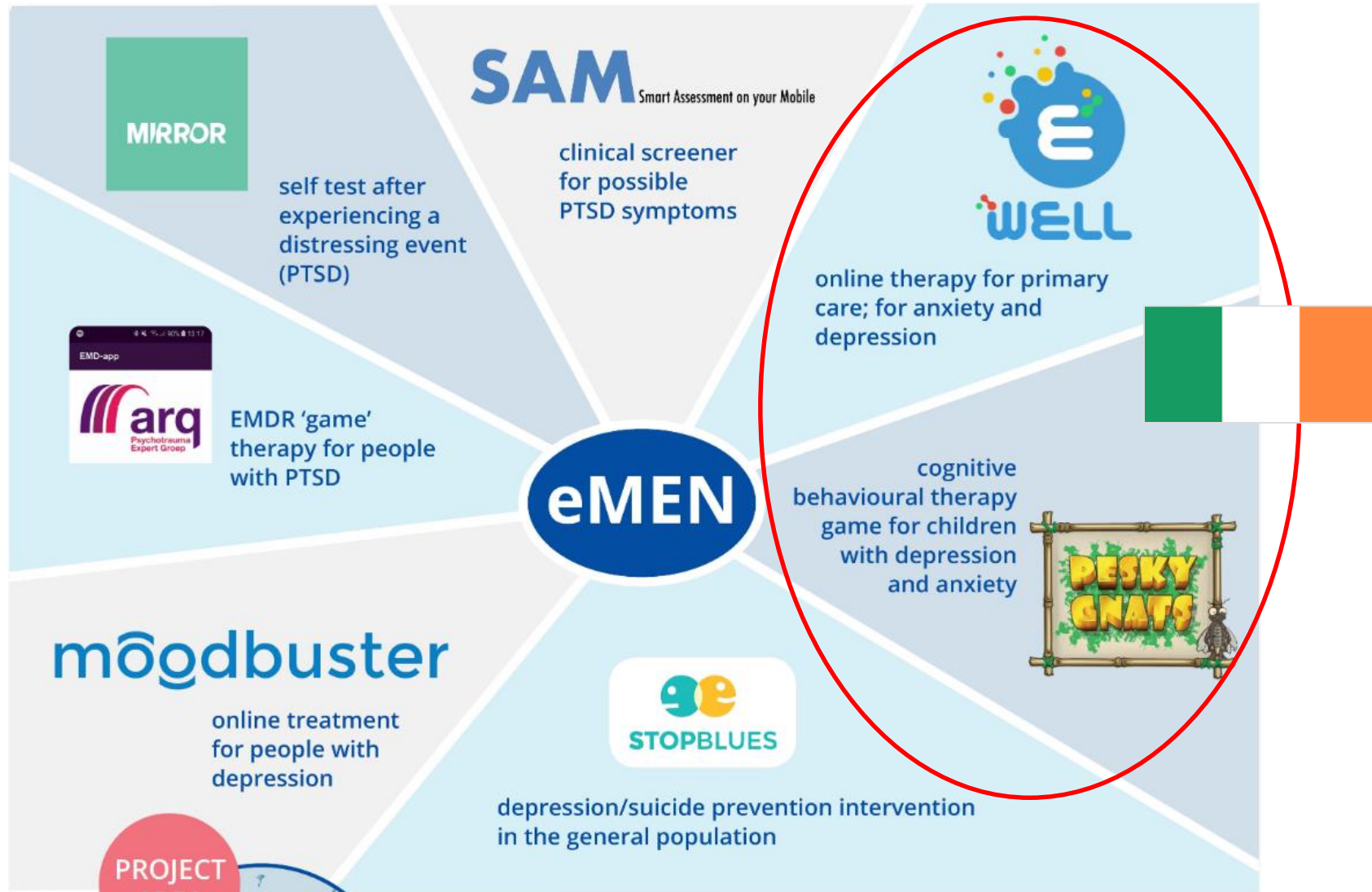
## eMental Health

State-of-the-art  
& Opportunities  
for Ireland



May 2018

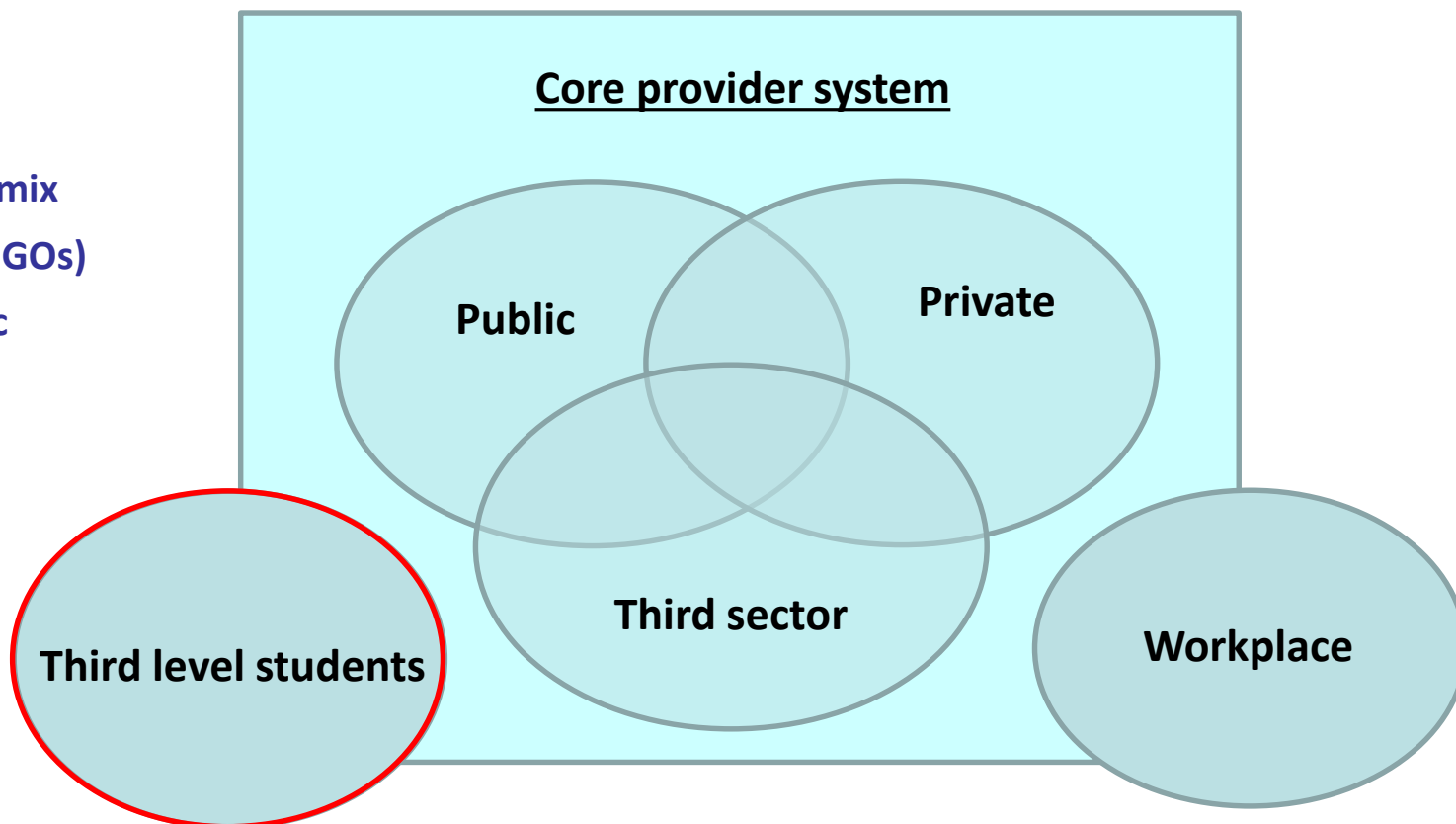
# eMEN Pilots (case studies)





## Mental health services in Ireland

- Public-private mix
- Third sector (NGOs)
- Setting-specific





# Importance of student services



## ❑ Over 225,000

- Almost
- About t

## ❑ Important s

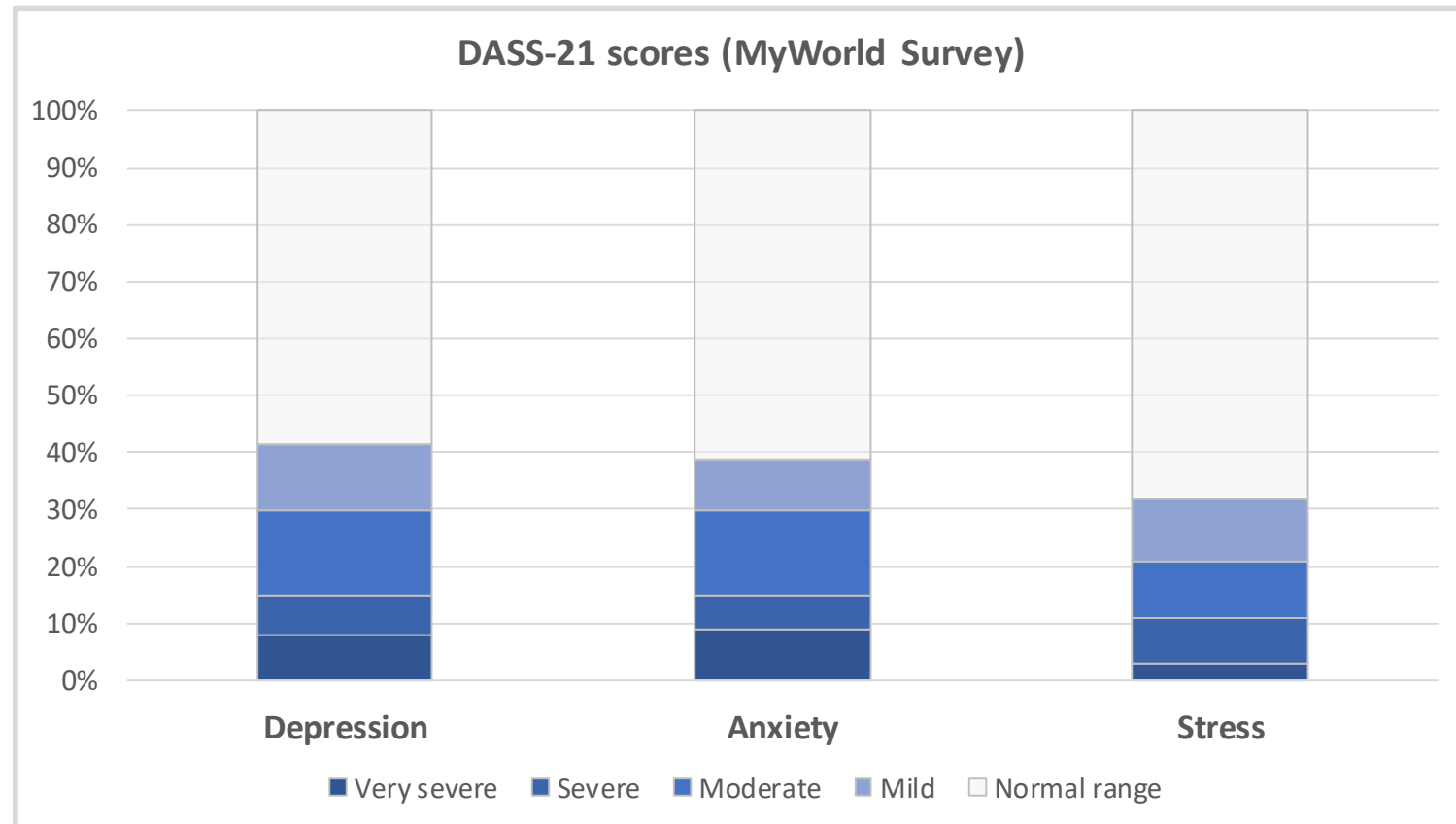
- Mental
- Common
- Onset o

## ❑ ...but stude

- Rising d
- ?? New



# Mental health of students



**My World Survey : National Study of Youth Mental Health in Ireland**



## **eMental health examples**

- ☐ **CBT programmes** (e.g. Silvercloud)
- ☐ **Social anxiety programme** (Participate)
- ☐ **Apps** (e.g. USI's +Connections)
- ☐ **Telemental health** (e.g. Niteline; instant chat; video-based counselling)
- ☐ **Sign-posting** (to other online programmes and apps)





# Online programmes (common conditions)

The screenshot shows a web browser window with the address bar displaying <https://ie.silvercloudhealth.com/signup/tcd/>. The page features the SilverCloud logo on the left and the Trinity College Dublin logo on the right. The main heading reads "Welcome to SilverCloud, your space for thinking and feeling better". Below this is an illustration of four diverse people. The bottom section is a blue banner with three columns of text:

	What is SilverCloud	How it works
<p><b>"The exercises in this programme have really helped me"</b></p> <p><b>SilverCloud Health User</b></p>	<p>Secure, quick access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.</p> <p>Our programmes have demonstrated high improvement rates for depression, anxiety and stress.</p> <p>It's flexible – access it anywhere, on your computer, tablet or mobile phone.</p>	<p>Programmes consist of six to seven modules - complete these at your own pace, over approximately eight weeks.</p> <p>Easy to use - interactive tools and activities make your experience interesting and motivational.</p> <p>You will be assigned an online supporter who will review your progress each week. This supporter will be an SCS clinical team member of the Student Counselling Service.</p>



# Social anxiety

https://nuig.participateonline.net

participate

OÉ Gaillimh  
NUI Galway

Home Presentation Skills Resources Help

## Welcome to the Participate Programme

### Is this for you

[Click here for quick test](#)

### Register

[Register](#)

### Login

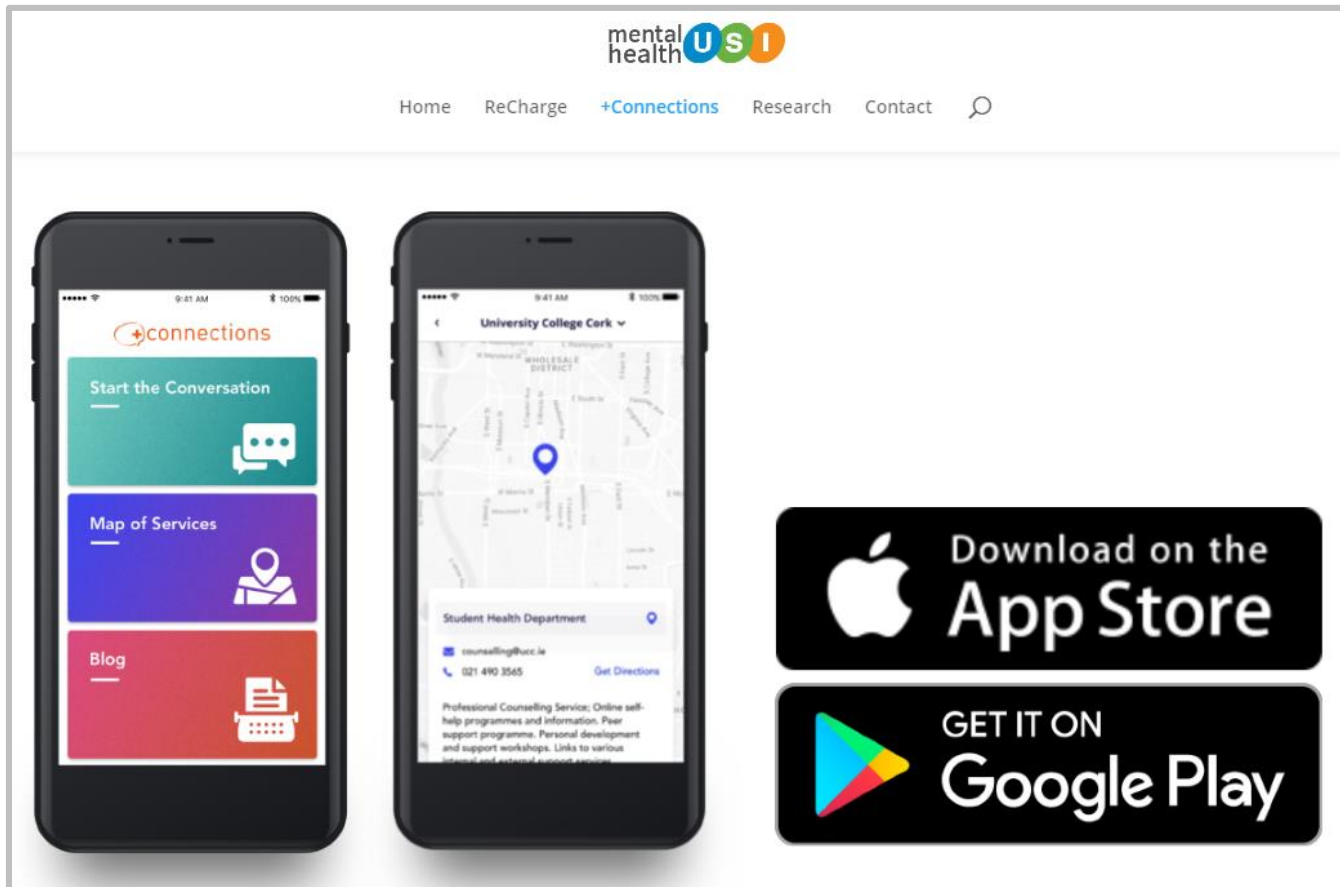
This is the website of Participate, National University of Ireland, Galway. Participate is a project to boost student participation and to tackle social anxiety problems.

If you are a student or staff member of NUI Galway and have not already registered with Participate, please click on the Register button to proceed and find out more about the programme. You will be able to learn about social anxiety, how our programme works, and if you like, test you own social anxiety. Any NUI Galway student can then go on to apply to join the programme, if you think it might be useful to you.

If you are not a student or staff member of NUI Galway but would like to know more, then please



# Student-led initiatives



# Evidence for effectiveness?

## Systematic reviews (student populations)

Depression, anxiety, stress etc (range of delivery models)	<i>Farrer et al (2013)</i>
Depression, anxiety, stress etc (self-administered or semi-guided)	<i>Davies et al (2014)</i>
Body image and eating disorders	<i>Yager and O'Dea (2008)</i>
Alcohol reduction	<i>Bewick et al (2008)</i>

# Opportunities

## ☐ Further application of eMental health for

- Promoting positive mental health
- Common mental health conditions
- Substance abuse
- Severe and enduring conditions

## ☐ Exploiting the potential of social media

## ☐ eMental health innovation in research and RTD

## ☐ eMental health courses in academic curricula

- Human sciences
- Technology/media



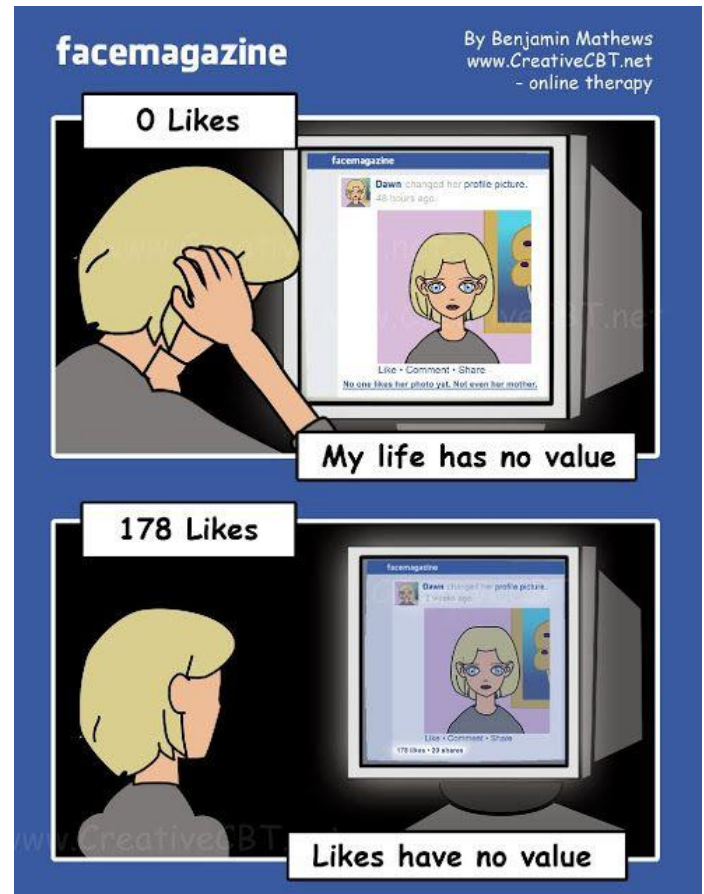
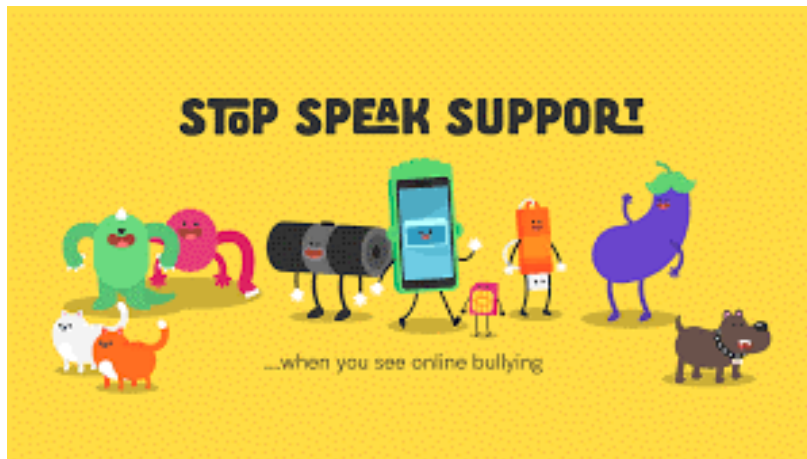
## Social media

*The Good, the Bad and the Ugly...*





# Negatives



# Positive potential



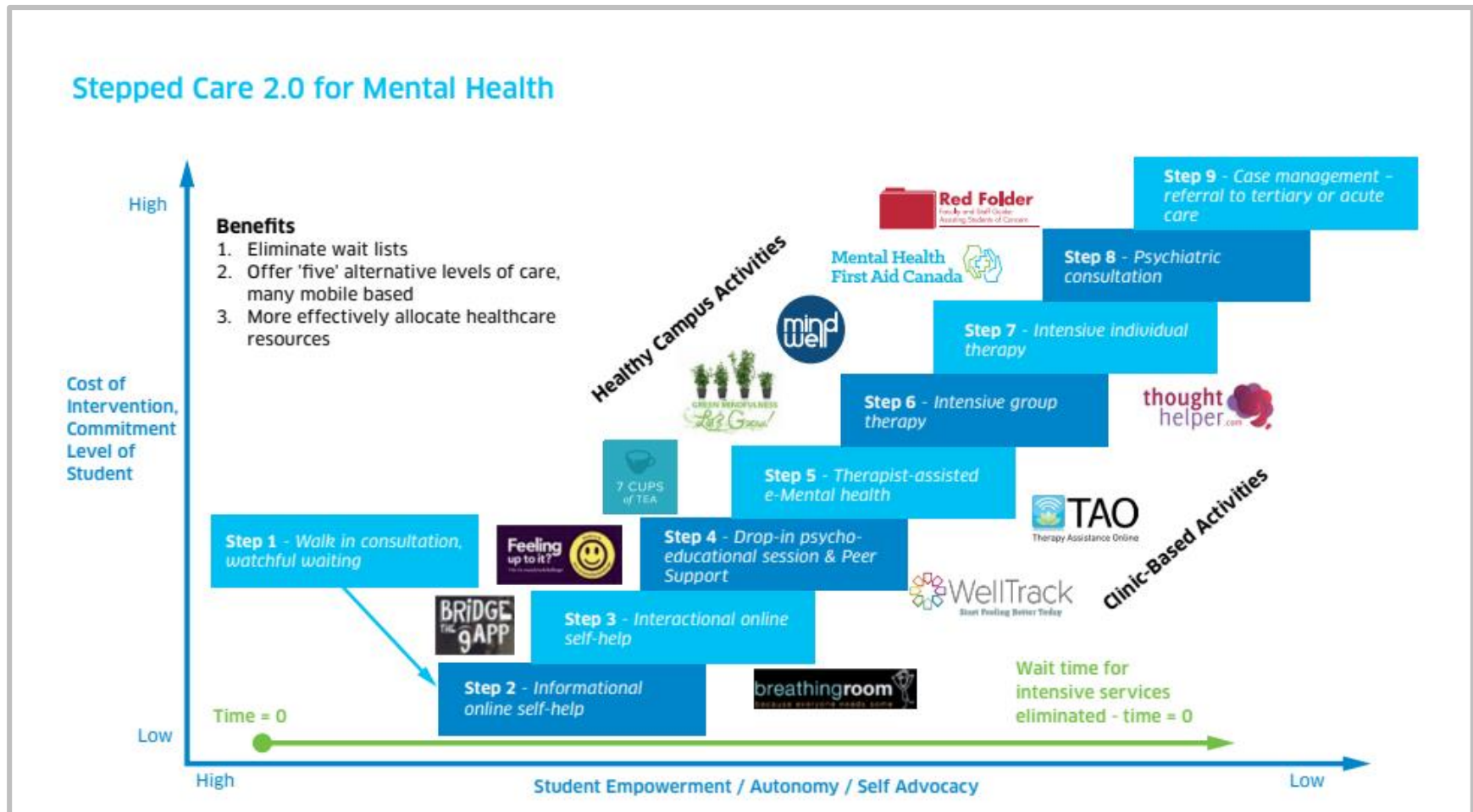
## Data analytics & detection of need/risk



# Conclusions



## A new paradigm for student mental health services?



# Thank You!