

The new eCoaching service for depression and anxiety is starting soon

The Health Promotion Agency/Te Hiringa Hauora (HPA) is pleased to invite you and your patients to participate in the pilot of a New Zealand first - an online self-help programme, supported by a phone and text-based eCoach, working with your patients to address their depression and/or anxiety.

What is the eCoaching Service?

The eCoaching service helps patients with mild to moderate depression and/or anxiety to use The Journal self-help programme more effectively and overcome any barriers they encounter along the way.

Your patients will use The Journal online with the support of a trained coach to help them to:

- stay motivated
- practise self-management skills; and

- monitor their symptoms.

The Journal helps people manage their mental wellbeing, reduces the severity of symptoms and provides lifestyle and problem-solving skills to maintain recovery.

Now you can give patients an online tool to guide their recovery journey, knowing they will be getting personal support along the way.

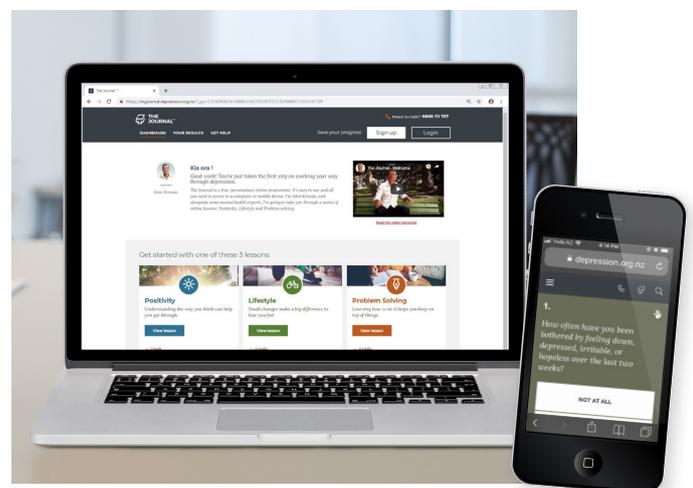
How long does it take?

Patients will learn one new skill a week using The Journal and generally be involved with the Service for about six weeks.

Once they have finished working with their coach, you'll receive a report on their progress.

Note, your patient will be directed back to you sooner if:

- their PHQ-9 score is worsening or not improving
- their PHQ-9 score places them in the severely depressed range (>20)
- they indicate any risk of self-harm or harm to others.



When can I refer patients?

Referrals start from June 2019.

The pilot will run for 12 months and we'd like your help to recruit suitable patients.

How do I refer patients?

Review their suitability for the service

- Patients will need access to the internet (smartphone, computer or tablet) and a basic level of computer knowledge and English literacy to get the most out of the programme
- Patients have mild to moderate symptoms of depression and/or anxiety
- Priority focus on Māori, Pasifika and young people (over 16-years-old)

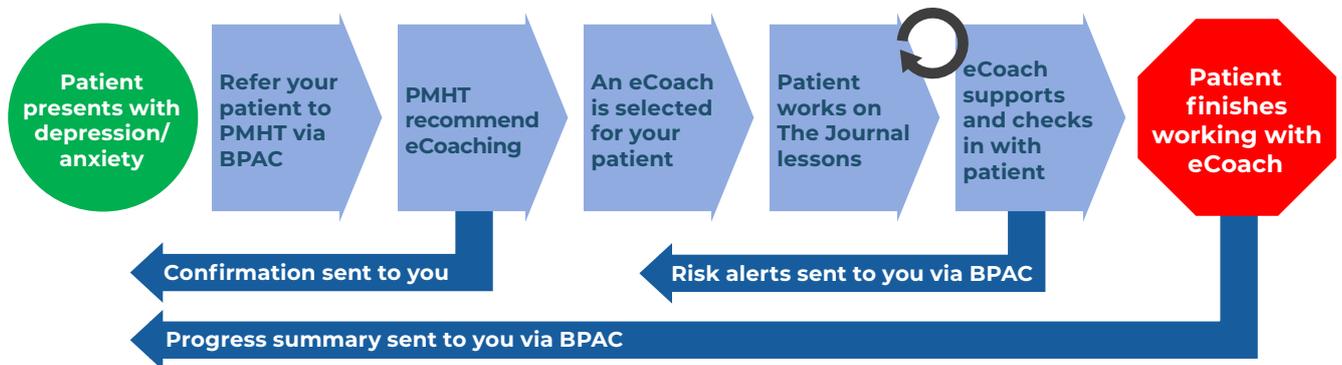
This programme may be particularly relevant for those living in rural and remote areas (with internet

access) who find it difficult to travel for treatment or housebound patients.

The service is not suitable for patients if they:

- are actively suicidal
- are acutely psychotic or manic
- have a significant alcohol or other substance use disorder
- have an organic mental health problem such as dementia

The process to refer your patients and receive updates



The National Depression Initiative is part of the Government's ongoing commitment to promoting wellbeing, with a focus on reducing the impact of depression and anxiety for New Zealanders. This programme is managed by the HPA. For more information on The Journal visit www.depression.org.nz/thejournal

For more information about the programme, please contact Penny Marlowe, Project Manager, on penny.marlowe@healthtrxglobal.com