

Proposed technological platforms for different stages of mental health service use

STAGES OF MENTAL HEALTH SERVICES				
	<i>Seeking Care</i>	<i>Choosing Treatment</i>	<i>Engaging in Treatment</i>	<i>Sustaining Care</i>
OBJECTIVE	Accessing services Understanding systems of care	Understanding mental health conditions Obtaining unrestricted/unbiased treatment options	Overcoming barriers linked with stigma Utilizing remote services Learning coping skills	Ongoing feedback Engaging family members and other supports Practicing coping skills Cost reduction
TECHNOLOGIES	Electronic treatment systems guides Clinic work stations and online information kiosks	Consumer-friendly informational websites Electronic decision support systems	Phone and video telehealth services Mobile devices for real-time/ real-place interventions Computer based treatment for use as needed	Automated text message or email reports and reminders Online forums, secure social networks Instant messaging, video conferencing Computer assisted self-management programs, automated electronic "booster" sessions

Pia Jeppesen, overlæge, ph.d.,
BUP Center, RHP, Glostrup