

# Finding Digital Mental Health Tools during the Pandemic

October 27<sup>th</sup>, 2020

camh



## AGENDA

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1

Welcome &  
Introductions

2

Background  
& Purpose

3

Project Results  
& Findings

4

Future  
Directions

5

Concluding  
Remarks

# 1

## Welcome & Introductions

# Introductions



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**Iman Kassam MHI**

Research Analyst, Centre for  
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# Team and Funding

## **Nominated Principal Applicant:**

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# Conflicts of Interest/Disclosure

There are no conflicts of interest or conflicts to disclose.

# Presentation Objectives

- 1) Describe the impact of the COVID-19 pandemic on population mental health in Canada
- 2) Give an overview of a federally funded study aimed at identifying potential digital mental health interventions relevant during the pandemic
- 3) Discuss the preliminary results of the study and where webinar participants can find more information
- 4) Discuss a resource that aims to support the uptake of these and other digital mental health interventions

# 2

## Background & Purpose



# Background: Impact of COVID-19 on Mental Health & Substance Use

A series of Pan-Canadian surveys were conducted in May – July 2020 by CAMH and Delvinia with the aim of understanding the mental health and substance use impacts of COVID-19:

19%\*

Reported to experience **moderate** to **severe anxiety** in the past 2 weeks

27%\*

Reported to **engage in binge drinking** in the past 7 days

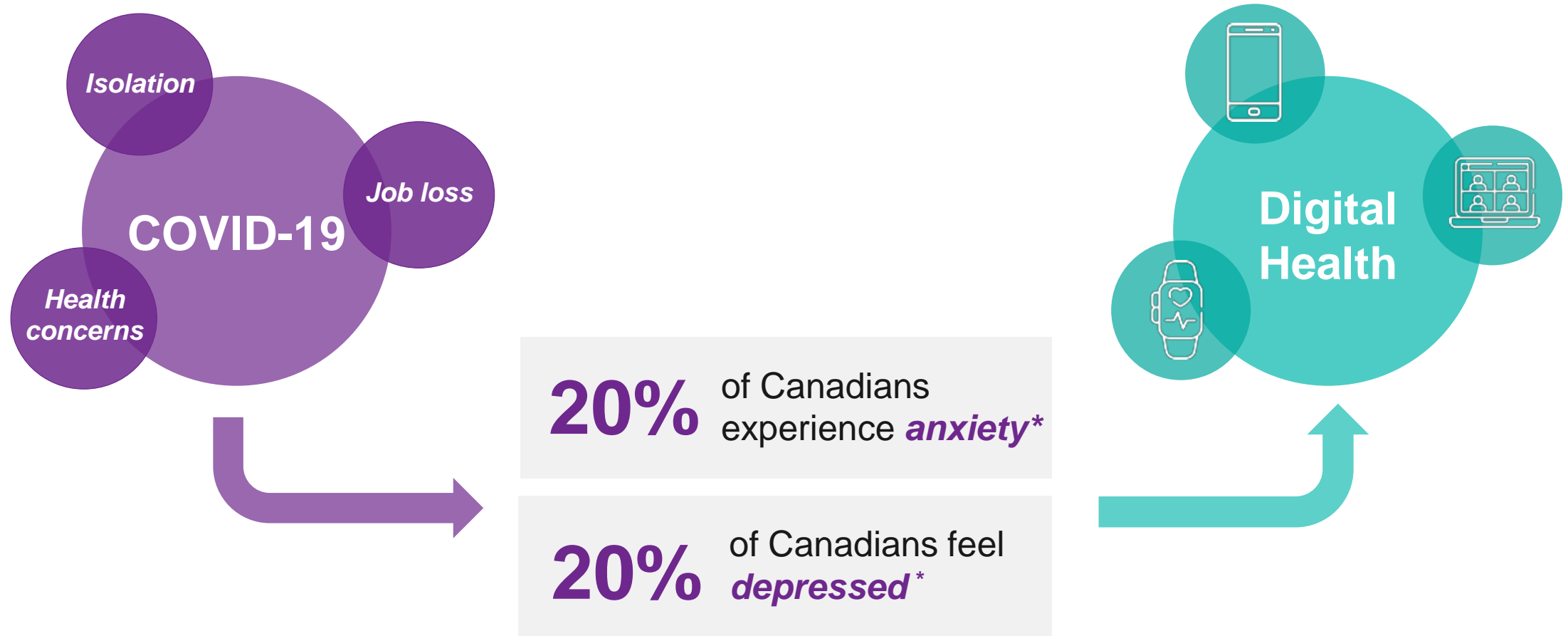
23%\*

Expressed they **felt lonely** in the past 7 days

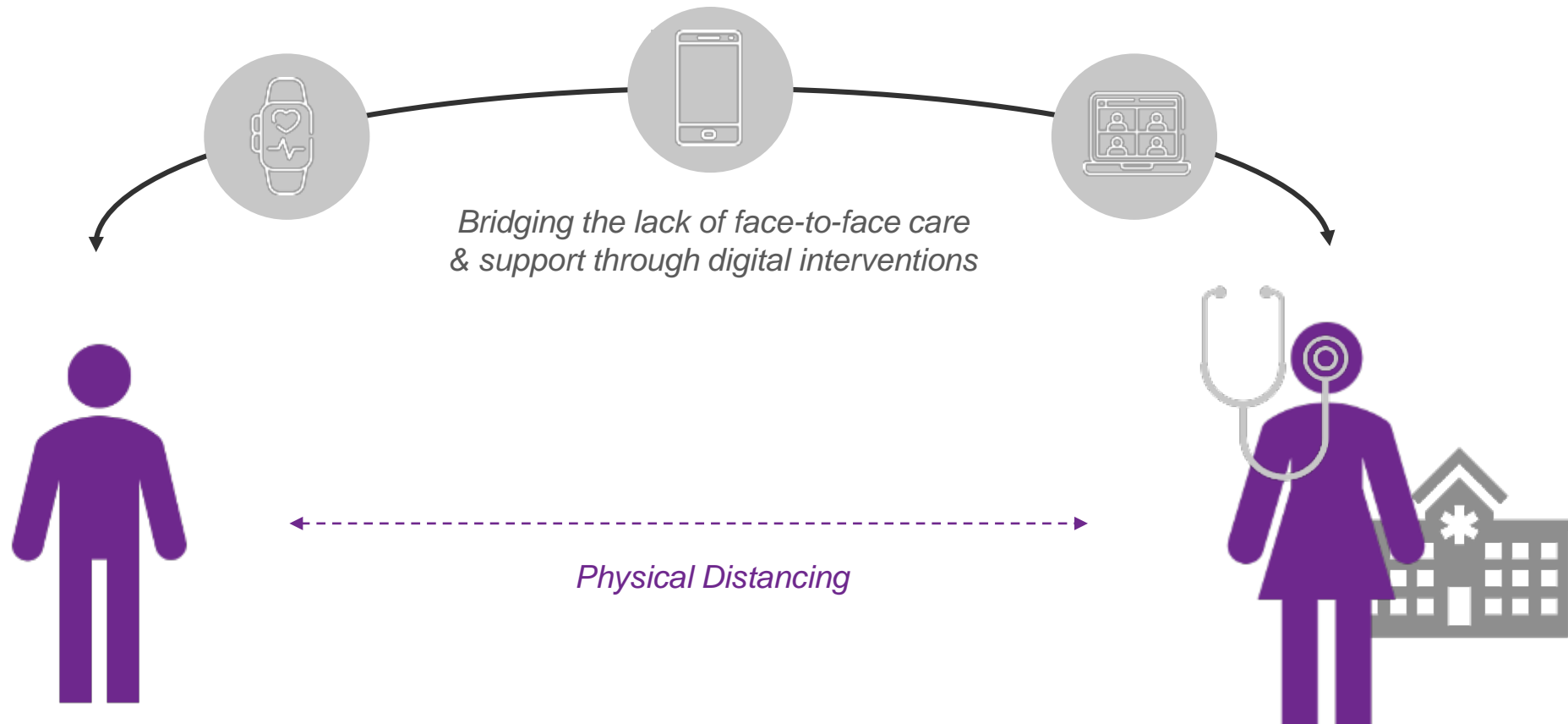
19%\*

Expressed they **felt depressed** in the past 7 days

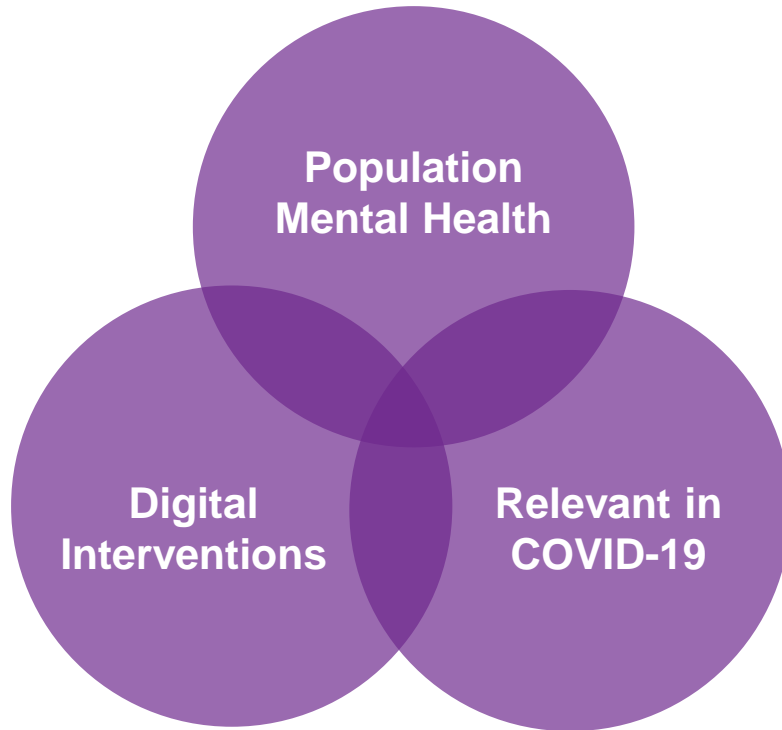
## Background: COVID-19 and Digital Mental Health



## Background: Digital Mental Health Interventions



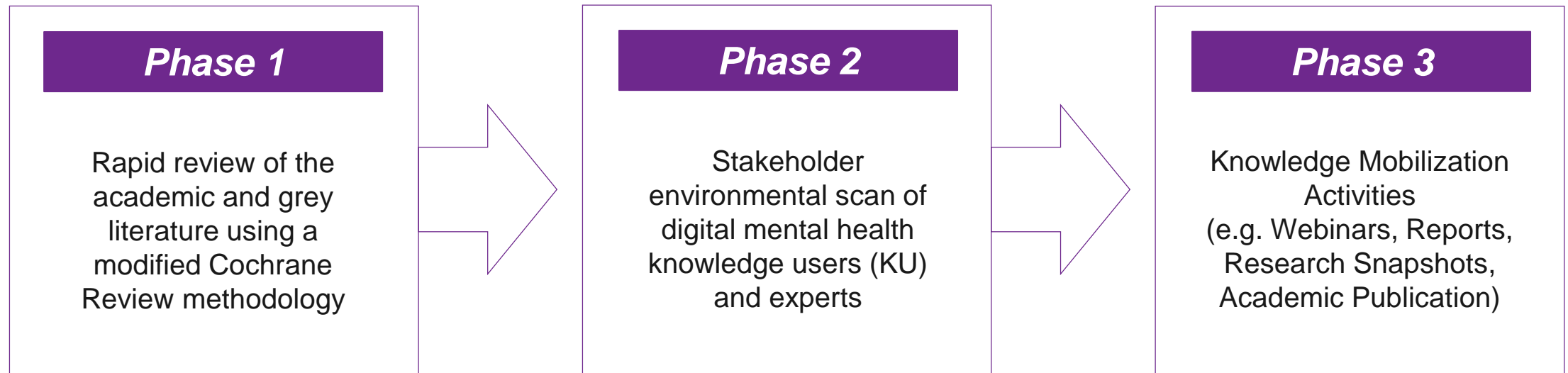
## Project Purpose



The purpose of this study is to **synthesize** and **mobilize** knowledge related to digital interventions that could support population mental health during and after COVID-19 in Canada.

We also sought to identify **strengths**, **weaknesses** and **gaps** that are applicable to the COVID-19 context.

# Project Approach: Multi-Method Knowledge Synthesis with Embedded Knowledge Mobilization Strategy



# Project Approach: Key Equity Areas of Focus

1

Relevance to Indigenous Communities & Peoples

2

Race, Ethnicity & Culture

3

Sex and Gender

4

Socioeconomic Status

# 3

## Project Results & Findings

# Academic Literature Review Findings & Equity Assessment

**70** articles met inclusion criteria. Many of the articles were commentaries & viewpoints, thus leaving **25** primary studies to assess for data extraction

25

Primary studies that described **digital interventions relevant to COVID-19** (e.g. natural disasters, medical pandemics/epidemics & human disasters/conflict).

## Relevance to Indigenous Communities & Peoples

**N = 0**

No articles addressed Indigenous considerations

## Race, Ethnicity & Culture

**N = 3**

Interventions included a 9/11 Hotline, PTSD intervention in Iraq, post military deployment wellness website

## Socioeconomic Status

**N = 11**

Interventions included virtual care (video-conferencing), post-disaster online support, etc.

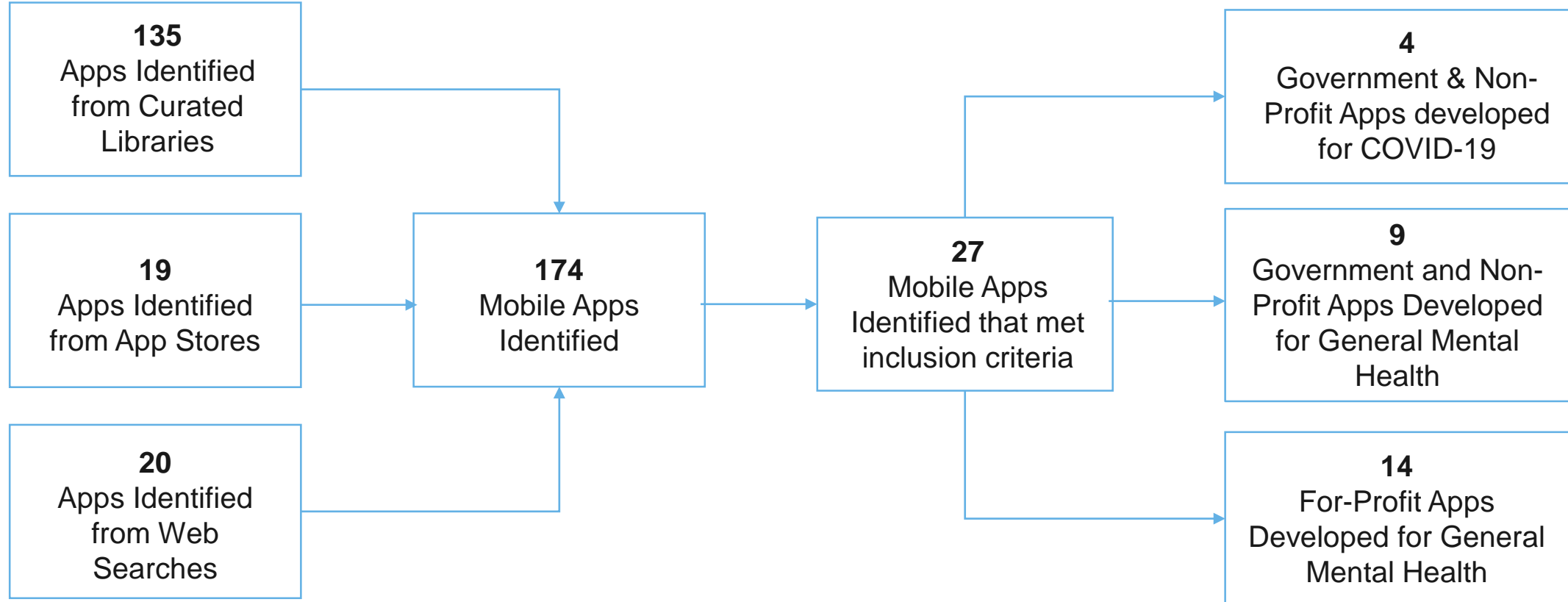
## Sex and Gender

**N = 3**

Interventions included a 9/11 Hotline, PTSD intervention and online CBT for resilience and sleep support



## Grey Literature: Mobile App Results



# Grey Literature: Website Results

Google and Million Short Search Results:

<b>Resource Type (n=75)</b>	<b>Frequency</b>
Website	41
Phone/Text/Chat Service	16
Telemedicine	5
eBook/Guide/Course	5
Discussion Forum & Peer Support	8

<b>Country of Origin (n=75)</b>	<b>Frequency</b>
Canada	41
UK & Ireland	9
USA	18
Australia & New Zealand	6
Israel	1

<b>Target Population (n=75)</b>	<b>Frequency</b>
Indigenous Peoples	7
LGTBQ2S+	2
Women	5
Youth & Adolescents	13
Young Adults	2
Adults	6
Older Adults	2
General Population	48

# Academic and Grey Literature Intervention Overview

Interventions from  
Academic Search

5



Articles were assessed  
for quality using a  
modified KMET

(A standard quality assessment criteria  
for evaluating primary research papers  
from a variety of fields)

Interventions from Google  
and Million Short

75



Websites were not  
evaluated using a  
specific tool or criteria

Interventions from Google  
App Store, Apple App  
Store, & Curated Libraries

27



Apps were evaluated  
using the APA  
Evaluation Criteria

# Five things to think about while assessing e-mental health tools

## 1 Does it work?

- ☐ Is there an evidence base (direct or in terms of clinical principles)?
- ☐ Does it work reliably?
- ☐ Will the people the app is designed for actually want (or be able) to use it?
- ☐ What is the app's intended purpose?
- ☐ Which devices does it run on?
- ☐ What are the reviews online and in the app stores?
- ☐ Do you know any other practitioners who are using it?

## 2 Where did it come from/ where is it going?

- ☐ Is it clear who the tool belongs to and how it can be used?
- ☐ Who is funding this and where does its income come from?
- ☐ Is there advertising?
- ☐ How easy is it to contact the owner?

## 3 Are risks managed and addressed?

- ☐ Are there risks identified by the owners?
- ☐ Is there a posted privacy policy or safeguards described?
- ☐ Does the app clearly state how it will collect, store, use and protect personal health information?
- ☐ How is the data held and used?
- ☐ Do you need to support your patient to mitigate risks?

## 4 What and who is it for?

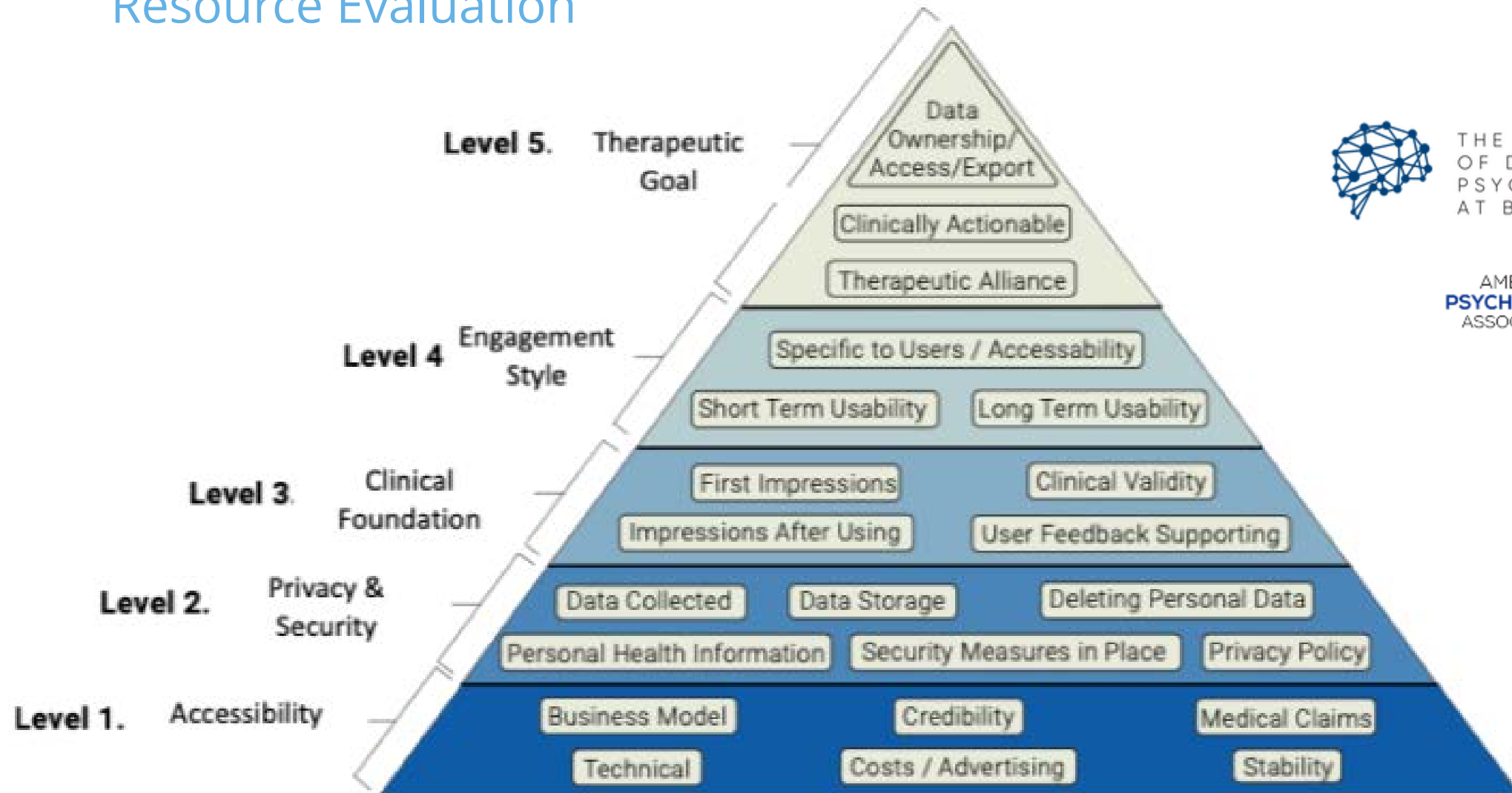
- ☐ Is it clear who the tool is for and who should not be using it?
- ☐ Is the app user-friendly and engaging enough to make people want to keep using it?
- ☐ Is it age and culturally appropriate?
- ☐ Does it meet a mental health need?

## 5 How do you get it?

- ☐ What are the costs of accessing the tool?
- ☐ If there is a cost to the patient, is it proportionate to expected benefit?
- ☐ Will the tool's cost be an accessibility barrier?
- ☐ Is it accessible in your region/country?



# Resource Evaluation



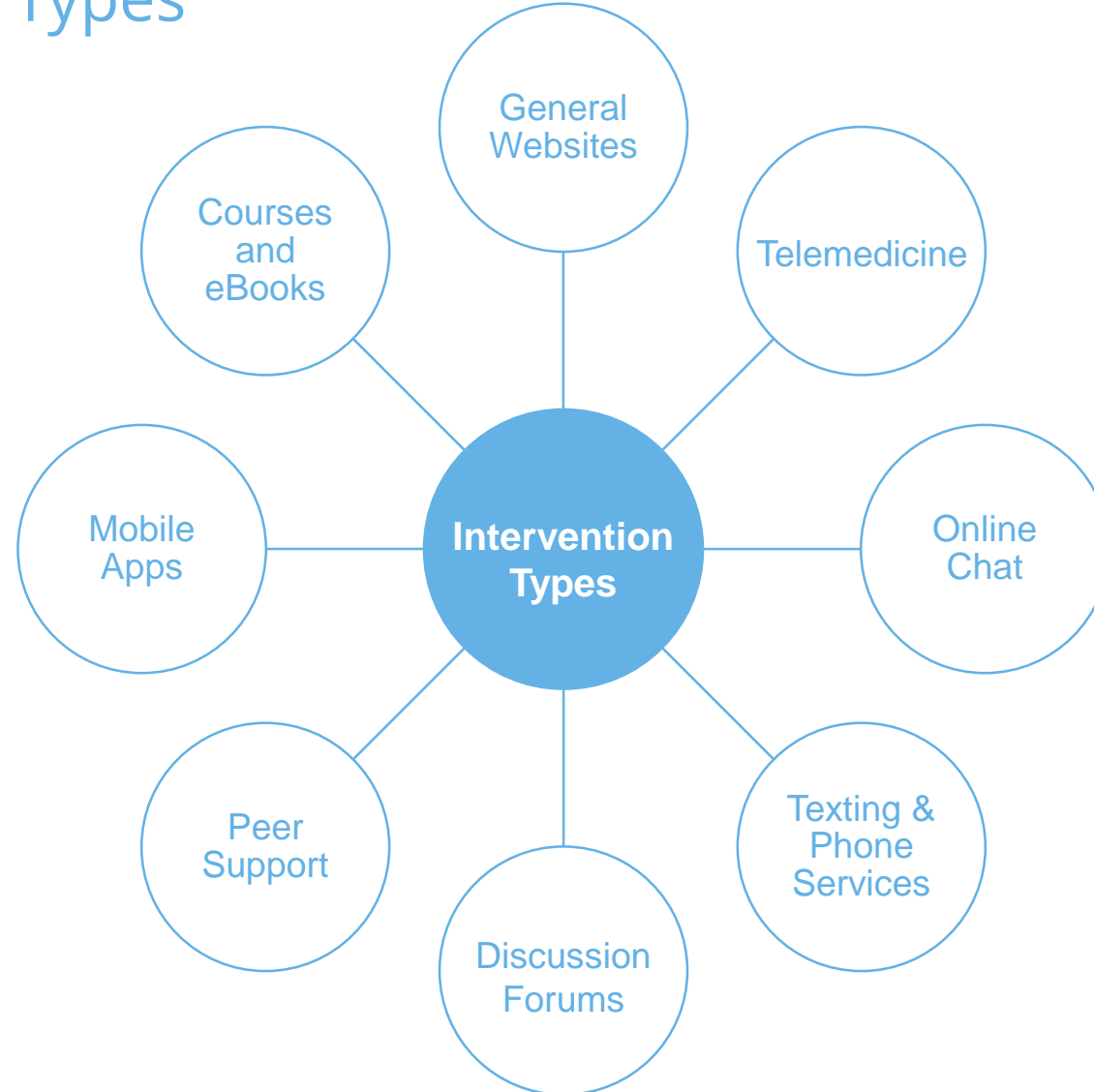
THE DIVISION  
OF DIGITAL  
PSYCHIATRY  
AT BIDMC

AMERICAN  
PSYCHIATRIC  
ASSOCIATION



App Database: <https://apps.digitalpsych.org/>

# Intervention Types



## Where can the results to date be accessed?



<https://covid19mentalhealthresearch.ca/synthesis/digital-interventions-to-support-population-mental-health-during-covid-19-a-knowledge-synthesis/>

Where can the results to date be accessed?







<https://tinyurl.com/DMHICanada>




# Mobile Apps

## Digital Intervention: Mobile Apps

**Government & Non-Profit Apps:**  
Developed for COVID-19

App		Description	Main Features
Managing Your Stress & Anxiety		Provides information and evidence based coping strategies to help manage COVID-19 anxiety.	Psychoeducation, Peer Support
COVID Coach		Provides access to resources, workbooks, activities and a trained coach to manage one's mental health.	Track Mood; Track Symptoms; Psychoeducation; Mindfulness; Deep Breathing; Goal Setting; Hope Board
Canada COVID-19		Provides access to resources, workbooks, activities and a trained coach to manage one's mental health.	Track Mood; Track Symptoms; Psychoeducation; Mindfulness; Deep Breathing; Goal Setting; Hope Board
BC COVID-19		Central resource for accessing personalized and evidence based information about COVID-19.	Psychoeducation




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# Courses and eBooks

## Digital Intervention: Websites

Courses and eBook Resources



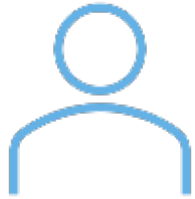
Website	Link	Description
Corona Care Toolkit	<a href="https://tinyurl.com/y3eym3ne">https://tinyurl.com/y3eym3ne</a>	An eBook containing emotional intelligence tools to help with coping during the COVID-19 pandemic.
Living Life to the Full	<a href="https://livinglifetothefull.ca/">https://livinglifetothefull.ca/</a>	A course designed to help people with everyday life and learn self-management skills using CBT principles.
Bounce Back	<a href="https://bouncebackbc.ca/what-is-bounceback/">https://bouncebackbc.ca/what-is-bounceback/</a>	Provides access to resources, workbooks, activities and a trained coach to manage ones mental health.
Mind Control: Managing your Mental Health During COVID-19	<a href="https://www.coursera.org/learn/manage-health-covid-19">https://www.coursera.org/learn/manage-health-covid-19</a>	Course provides a deeper understand of mental health issues created by the pandemic and ways to cope.
Coping During the Pandemic	<a href="https://lms.recoverycollegeonline.co.uk/course/view.php?id=373#section-1">https://lms.recoverycollegeonline.co.uk/course/view.php?id=373#section-1</a>	Course was created to provide guidance to individuals and help them exploring how they can suport their mental health during COVID-19.



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# Environmental Scan: Stakeholder Participants

Gathering feedback and insights through a brief phone call/video conference/email correspondence with various stakeholders including:



**122** Digital Mental Health Experts and Knowledge Users (Academics, Researchers, Government Stakeholders, Clinicians, etc.)



Received feedback from **35** stakeholders



**3** PWLE Advisory Boards (CAMH Youth Engagement Advisory Board, PSSP PWLE & FM Advisory Board, Ontario Youth Wellness Hubs)



Received feedback from **7** PWLE & FM



Sent out a social media call out on CAMH's twitter accounts (CAMHResearch & CAMHNews)



Received feedback from **4** stakeholders

# Environmental Scan: Overview of the Feedback

- **Further categorizing the interventions by:**
  - Cost (Free vs. Fee)
  - Target Population (Youth, Older Adults, Women, Indigenous Peoples, etc.)
  - Mental Health conditions supported (i.e. Mood disorders, anxiety,..)
- **Document Formatting:**
  - Adding more colours & images
  - Making it more user-friendly
  - Being able to search for resources
  - Defining clinical terms within the app features (psychoeducation, iCBT, etc.)
  - Providing more detail about the intervention and using plain language
  - Displaying the interventions on a website rather than a document

*“Adding resources to a document that meet the diverse mental health needs of Canadians in an informative and easy to use manner, while also being sure not to overwhelm Canadians with a surplus of information and resources.”*

# Version 2 of the Resource Document: Air Table

Airtable Grid view






Hide fields Filter Group Sort

	Name	Icon	Description	Website	Main Features	Conditions Supported	Developer Type	COVID-19 Specific?	Cost
1	BC COVID-19		The BC COVID-19 Suppo...	<a href="https://bc.thrive.health/">https://bc.thrive.health/</a>	Education and Infor...	Mood disorders Stress	Government/ Non-Pro...	✓	Free
2	Breathe 2 Relax		Breathe2Relax Mobile ap...	<a href="https://adeaa.org/nada/25...">https://adeaa.org/nada/25...</a>	Mindfulness exercises	Stress & Anxiety	Government/ Non-Pro...		Free
3	Calm		For Sleep, Meditation an...	<a href="https://www.calm.com/">https://www.calm.com/</a>	Physical health exer...	Stress & Anxiety Sleep	For Profit		Subscription
4	Canada COVID-19		Track your symptoms, re...	<a href="https://www.thrive.health...">https://www.thrive.health...</a>	Education and Infor...	Stress & Anxiety	Government/ Non-Pro...	✓	Free
5	COVID Coach		COVID Coach is designe...	<a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a>	Education and Infor...	Mood disorders Stress	Government/ Non-Pro...	✓	Free
6	eQuero: Emotional Fines...		An EVIDENCE-BASED an...	<a href="https://www.epupogame...">https://www.epupogame...</a>	Education and Infor...	Stress & Anxiety	For Profit		In-App Purchase
7	Feeling Good: Positive M...		A positive psychology pr...	<a href="https://www.nhs.uk/apps...">https://www.nhs.uk/apps...</a>	Education and Infor...		Government/ Non-Pro...		
8	Happify		Happify's science-based...	<a href="https://www.happify.com/">https://www.happify.com/</a>	Education and Infor...	Stress & Anxiety	For Profit		In-App Purchase Sub
9	Headspace		The Headspace app teac...	<a href="https://www.headspace...">https://www.headspace...</a>	Education and Infor...	Stress & Anxiety	For Profit		In-App Purchase Sub
10	HealthyMinds		HealthyMinds is a proba...	<a href="http://healthymindsapp.c...">http://healthymindsapp.c...</a>	Deep Breathing Mood	Mood disorders Stress	Government/ Non-Pro...		Free
11	InnerHour- Live Happier		The InnerHour app offer...	<a href="https://www.theinnerhou...">https://www.theinnerhou...</a>	Education and Infor...	Mood disorders Sleep	For Profit		In-App Purchase
12	InsightTimer		A meditation app with th...	<a href="https://insighttimer.com/">https://insighttimer.com/</a>	Mindfulness exercises	Sleep Stress & Anxiab	For Profit		Subscription In-App Pu
13	Managing your stress & ...		Provides information and...	<a href="https://www.camh.ca/en/...">https://www.camh.ca/en/...</a>	Education and Infor...	Stress & Anxiety Mood	Government/ Non-Pro...	✓	Free
14	MindShift		MindShift™ CBT uses sc...	<a href="https://www.anxietycana...">https://www.anxietycana...</a>	Productivity Education	Stress & Anxiety Phob	Government/ Non-Pro...		Free
15	MoodMission		MoodMission helps you l...	<a href="https://moodmission.com/">https://moodmission.com/</a>	Mood tracking Mindfu	Mood disorders Stress	For Profit		In-App Purchase
16	MoodPath		If you're struggling with ...	<a href="https://mymoodpath.co...">https://mymoodpath.co...</a>	Mood tracking Journal	Mood disorders Stress	For Profit		In-App Purchase Sub
17	MyLife Meditation		MyLife is a meditation an...	<a href="https://my.life/">https://my.life/</a>	Mood tracking Physic	Mood disorders Stress	For Profit		Subscription In-App Pu
18	Nod App		Offers ideas for strength...	<a href="https://heynd.com/">https://heynd.com/</a>	Mood tracking Educat	Stress & Anxiety	Government/ Non-Pro...		Free
19	PTSD Coach Canada		PTSD Coach Canada is a ...	<a href="https://open.canada.ca/e...">https://open.canada.ca/e...</a>	Education and Infor...	Mood disorders	Government/ Non-Pro...		Free
20	Reachout WorryTime		Produced in consultation...	<a href="https://au.reachout.com/...">https://au.reachout.com/...</a>	Journaling	Stress & Anxiety	Government/ Non-Pro...		Free
21	SAMSHA Disaster Respo...		Offers first responders i...	<a href="https://www.samhsa.gov...">https://www.samhsa.gov...</a>	Education and Infor...		Government/ Non-Pro...		Free
22	Sanvallo		Digital self-care on IOS a...	<a href="https://www.sanvallo.com/">https://www.sanvallo.com/</a>	Education and Infor...	Mood disorders Stress	For Profit		Subscription
23	Sinasorite		The Sinasorite game use...	<a href="https://litesorite.com/">https://litesorite.com/</a>	Cognitive Behaviour...	Stress & Anxiety	Government/ Non-Pro...		Free

27 records

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# Version 2 of the Resource Document: Air Table

Airtable Gallery Sign up				
Filter	Sort			
 <p><b>Managing your stress &amp; anxie...</b></p> <p><small>DESCRIPTION</small></p> <p>Provides information and evidence-based coping strategies to help you manage stress and anxiety during the COVID-19 pandemic.</p> <p><small>WEBSITE</small></p> <p><a href="https://www.camh.ca/en/health-info/...">https://www.camh.ca/en/health-info/...</a></p> <p><small>MAIN FEATURES</small></p> <p>Education and Information Peer Su</p> <p><small>DEVELOPER TYPE</small></p> <p>Government/ Non-Profit Apps</p> <p><small>COST</small></p> <p>Free</p> <p><small>POPULATION/ FOCUS</small></p> <p>General</p> <p><small>CONDITIONS SUPPORTED</small></p> <p>Stress &amp; Anxiety Mood disorders</p>	 <p><b>COVID Coach</b></p> <p><small>DESCRIPTION</small></p> <p>COVID Coach is designed to help you build resilience, manage stress, and increase your well-being during this crisis.</p> <p><small>WEBSITE</small></p> <p><a href="https://www.ptsd.va.gov/appvid/mob...">https://www.ptsd.va.gov/appvid/mob...</a></p> <p><small>MAIN FEATURES</small></p> <p>Education and Information Mindful</p> <p><small>DEVELOPER TYPE</small></p> <p>Government/ Non-Profit Apps</p> <p><small>COST</small></p> <p>Free</p> <p><small>POPULATION/ FOCUS</small></p> <p>General</p> <p><small>CONDITIONS SUPPORTED</small></p> <p>Mood disorders Stress &amp; Anxiety</p>	 <p><b>Canada COVID-19</b></p> <p><small>DESCRIPTION</small></p> <p>Track your symptoms, receive the latest updates, and access trusted resources.</p> <p><small>WEBSITE</small></p> <p><a href="https://www.thrive.health/canada-co...">https://www.thrive.health/canada-co...</a></p> <p><small>MAIN FEATURES</small></p> <p>Education and Information</p> <p><small>DEVELOPER TYPE</small></p> <p>Government/ Non-Profit Apps</p> <p><small>COST</small></p> <p>Free</p> <p><small>POPULATION/ FOCUS</small></p> <p>General</p> <p><small>CONDITIONS SUPPORTED</small></p> <p>Stress &amp; Anxiety</p>	 <p><b>BC COVID-19</b></p> <p><small>DESCRIPTION</small></p> <p>The BC COVID-19 Support App has been developed in partnership with the B.C. Ministry of Health and Thrive Health. This app is a central resource...</p> <p><small>WEBSITE</small></p> <p><a href="https://bc.thrive.health/">https://bc.thrive.health/</a></p> <p><small>MAIN FEATURES</small></p> <p>Education and Information</p> <p><small>DEVELOPER TYPE</small></p> <p>Government/ Non-Profit Apps</p> <p><small>COST</small></p> <p>Free</p> <p><small>POPULATION/ FOCUS</small></p> <p>Indigenous LGBTQ2S+ Students</p> <p><small>CONDITIONS SUPPORTED</small></p> <p>Mood disorders Stress &amp; Anxiety</p>	 <p><b>Feeling Good: Positive Mindset</b></p> <p><small>DESCRIPTION</small></p> <p>A positive psychology programme based on CBT which contains audio tracks and music resources for individuals to use.</p> <p><small>WEBSITE</small></p> <p><a href="https://www.nhs.uk/apps-library/feel...">https://www.nhs.uk/apps-library/feel...</a></p> <p><small>MAIN FEATURES</small></p> <p>Education and Information Cogniti</p> <p><small>DEVELOPER TYPE</small></p> <p>Government/ Non-Profit Apps</p> <p><small>COST</small></p> <p></p> <p><small>POPULATION/ FOCUS</small></p> <p>General</p> <p><small>CONDITIONS SUPPORTED</small></p> <p></p>

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# Version 2 of the Resource Document: Air Table

**Airtable** COVID-19 Digital Mental Health Reso... Sign up

2 filters Sort ...

Where Main Features has any of Mindfulness exercises Deep Breathing ...

And Cost has any of Free

Find an option

Free

Subscription

In-App Purchase

COVID Coach	HealthyMinds	Virtual Hope Box	Breathe 2 Relax	MindShift
<p><b>DESCRIPTION</b></p> <p>COVID Coach is designed to help you build resilience, manage stress, and increase your well-being during this crisis.</p>	<p><b>DESCRIPTION</b></p> <p>HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus.</p>	<p><b>DESCRIPTION</b></p> <p>Personalized support tool made for vets may help teens, too.</p>	<p><b>DESCRIPTION</b></p> <p>Breathe2Relax Mobile app is a stress management tool which will help you learn how to perform and use diaphragmatic breathing ...</p>	<p><b>DESCRIPTION</b></p> <p>MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax an...</p>
<p><b>WEBSITE</b></p> <p><a href="https://www.ptsd.va.gov/appvid/...">https://www.ptsd.va.gov/appvid/...</a></p>	<p><b>WEBSITE</b></p> <p><a href="http://healthymindsapp.ca/">http://healthymindsapp.ca/</a></p>	<p><b>WEBSITE</b></p> <p><a href="https://www.healthnavigator.org....">https://www.healthnavigator.org....</a></p>	<p><b>WEBSITE</b></p> <p><a href="https://adaa.org/node/2560">https://adaa.org/node/2560</a></p>	<p><b>WEBSITE</b></p> <p><a href="https://www.anxietycanada.com/r...">https://www.anxietycanada.com/r...</a></p>
<p><b>MAIN FEATURES</b></p> <p>Education and Information Mini</p>	<p><b>MAIN FEATURES</b></p> <p>Deep Breathing Mood tracking</p>	<p><b>MAIN FEATURES</b></p> <p>Productivity Mindfulness exerci</p>	<p><b>MAIN FEATURES</b></p> <p>Mindfulness exercises Education</p>	<p><b>MAIN FEATURES</b></p> <p>Productivity Education and Info</p>
<p><b>DEVELOPER TYPE</b></p> <p>Government/ Non-Profit Apps</p>	<p><b>DEVELOPER TYPE</b></p> <p>Government/ Non-Profit Apps</p>	<p><b>DEVELOPER TYPE</b></p> <p>Government/ Non-Profit Apps</p>	<p><b>DEVELOPER TYPE</b></p> <p>Government/ Non-Profit Apps</p>	<p><b>DEVELOPER TYPE</b></p> <p>Government/ Non-Profit Apps</p>
<p><b>COST</b></p>	<p><b>COST</b></p>	<p><b>COST</b></p>	<p><b>COST</b></p>	<p><b>COST</b></p>

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## A Deeper Dive

### Wellness Together Canada



**What is it:** An online toolkit/resource hub containing self-assessment tools, health metric tracking, self-guided courses/apps & online community support.

**Target Population:** General Population

**Cost:** Free

**Developer Type:** Government/Non-Profit

**Available Languages:** English & French

### Woebot



**What is it:** A mental health chatbot that uses tools from CBT to help individuals think through situations with step-by-step guidance

**Target Population:** General Population

**Cost:** Free

**Developer Type:** Government/Non-Profit

**Conditions Supported:** Mood Disorders, Stress & Anxiety

**Main features:** Cognitive Behavioural Therapy, Education and Information, Interaction with virtual Chabot/character, Mindfulness exercises, Mood tracking

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# 4

## Future Directions

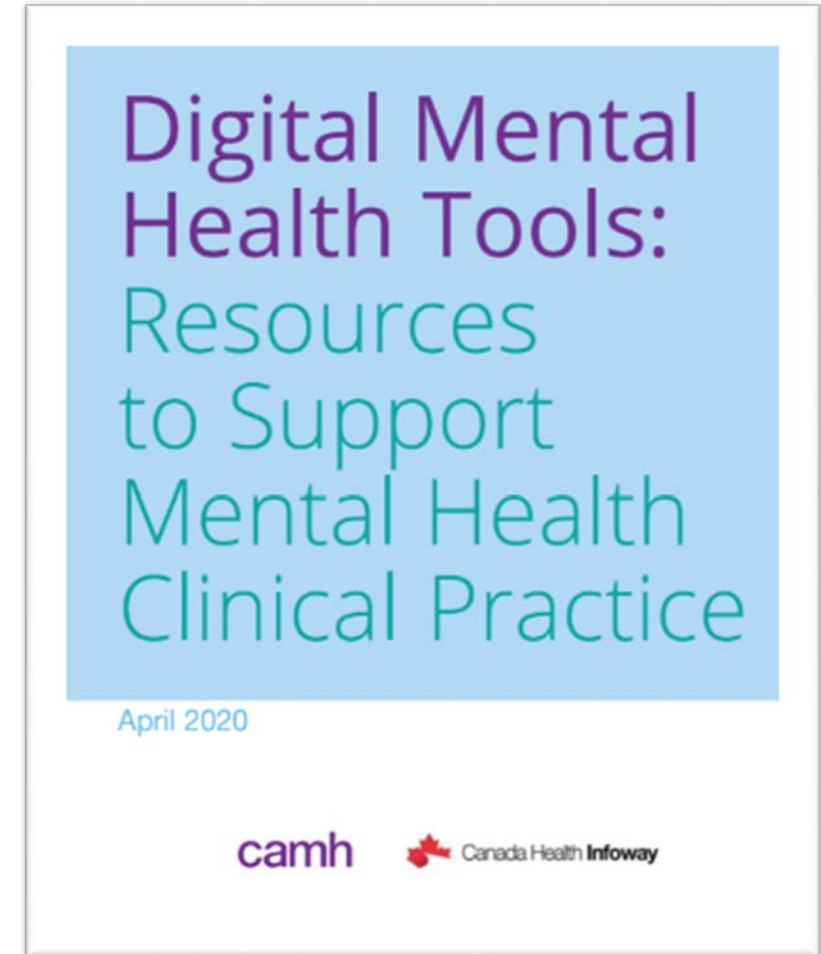
# The Role of Providers in Supporting & Advocating for Digital Health

As providers, it is our responsibility to ensure that individuals are aware that digital health interventions exist & support them in identifying digital tools that suit their varying needs.



# Overview of a Resource to Support Uptake of Digital Health Interventions

- In collaboration with Canada Health Infoway, a Resource Document was developed to support mental health providers and clients in the uptake of digital mental health tools
- Given the need for mental health care through digital mediums, **awareness** and **uptake** of the resource document is needed to help improve digital mental health care



<https://tinyurl.com/digitalMH>

# Resources to Support Mental Health Clinical Practice

The primary audience for this document will vary between organizations, depending on contextual factors such as size, policies and existing infrastructure. We encourage you to consult within your organization before implementing a resource listed here.

## What is in this document?






This document describes 18 resources that can support the integration of digital mental health tools into the interaction between client and provider. The resources have a wide range of objectives, formats and audiences. For a concise, high-level review of the key features of each resource, see the Resource Chart (page 13).



Digital Mental Health Tools: Resources to Support Mental Health Clinical Practice

2

## Resource chart

		Audience	Format	Specific to mental health?	Languages	Country of origin	
	App rating resources	Psyberguide	CC, P	Web	Y	E	US
		Addiction and Mental Health Mobile Application Directory 2019	P	PDF	Y	E	CAN
		Practical Apps	P	Web	N	E, F	CAN
	App assessment guidelines or frameworks	Mental Health Apps: How to Make an Informed Choice	P, CC	PDF	Y	E, F	CAN
		HITEQ Health App Decision Tree	P	PDF	N	E	US
		Checklist: Five Things to Think About While Assessing E-Mental Health Tools	P	PDF	Y	E, F	CAN
		App Evaluation Model (APAE)	P	Web	Y	E	US
	Implementation resources	Toolkit for E-Mental Health Implementation	P	PDF	Y	E, F	CAN
		E-Mental Health: A Guide for GPs	P	PDF	Y	E	AUS
		Texting for Better Care Toolkit	P	Web	N	E	US
		Using Digital Mental Health Tools to Enhance Your Practice	P	PDF	Y	E	AUS
		Ask Me about Digital	P, CC	PDF	N	E	HUN
	Resources to improve communication	Computers in the Clinic comics	CC, P	PDF	N	E	US
		Social Media: Practical Guidance and Best Practice	P	Web	N	E	UK
		Strategies for Engaging Patients in E-Mental Health	P	PDF	Y	E, F	CAN
	Resources specifically for clients	Mental Health, Technology and You	CC	PDF	Y	E, F	CAN
		How to Protect Yourself Online	CC	PDF	Y	E, F	CAN
		What's Your Journey?	CC	PDF	Y	E, F	CAN

### Legend

CC: Clients and caregivers  
P: Providers  
AUS: Australia  
CAN: Canada  
HUN: Hungary  
UK: United Kingdom  
US: United States

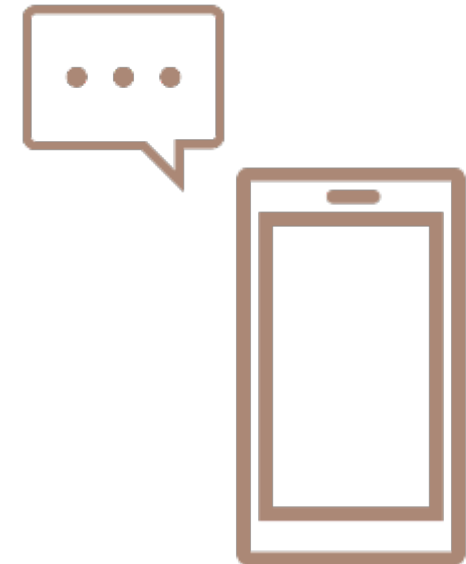
Digital Mental Health Tools: Resources to Support Mental Health Clinical Practice

13

# Advancing Digital Connectivity to Support Population Mental Health During COVID-19

## Project Purpose

To co-design a two-way texting program to explore need and better align access to mental health supports for Canadians during COVID-19.



## Project Aims

- 1) Co-design a COVID-19 SMS service to assess and support improved reach of mental health services in collaboration with a patient/community advisory group in Saskatchewan.
- 2) Optimize the effectiveness of the SMS service through collaborative & iterative testing cycles.
- 3) Evaluate the adoption of the SMS program, by focusing on user acceptability, satisfaction and benefit.

# 5

## Concluding Remarks

## Conclusion

- Numerous digital health interventions exist that are relevant to COVID-19
- Individuals need support in identifying and selecting digital interventions that best suit their needs, determining when to use them, and learning how to use them.
- There are tools and resources available to support both providers and individuals in selecting and using digital health interventions
- More work is needed to address the gaps in equity related concepts. We need to ensure we do not add to the digital divide by failing to address those who cannot access these resources and tools.



Thank You

camh



## Quick Links

### **Digital Mental Health Tools: Resources to Support Mental Health Clinical Practice:**

<https://tinyurl.com/digitalMH>

### **Digital Mental Health Interventions For Supporting the Canadian Population in a Pandemic:**

<https://tinyurl.com/DMHICanada>

### **CIHR COVID-19 Knowledge Synthesis Report:**

<https://covid19mentalhealthresearch.ca/synthesis/digital-interventions-to-support-population-mental-health-during-covid-19-a-knowledge-synthesis/>