

# Transformative Change through e-Mental Health

It is now common in Canada to use technology to control, detect, screen, and treat physical ailments and chronic conditions. E-Mental health can provide, with careful planning and investment, the same opportunity for mental health problems and illness.



## What is E-Mental Health?

Mental health services and information delivered or enhanced through the internet and related technologies. E-Mental health technology and services complement traditional services, and are not intended to replace them.

## What are the opportunities?

Further development and implementation of e-Mental health can help to transform the mental health system. It can empower consumers. It can give service providers greater reach. It can bring services to more rural, remote, and northern communities. Simply put, e-Mental health can ensure more Canadians with mental health problems or illnesses get the help they need.

## What is the MHCC doing?

The Mental Health Commission of Canada (MHCC) brought together experts and thought leaders from across the country and around the world to help advance e-Mental health.

Through their input, the MHCC has released *E-Mental Health in Canada: Transforming the Mental Health System Using Technology*.

This briefing paper provides valuable and up-to-date information in the area, including:

- A scope of current technologies
- key considerations for their use
- success stories highlighting promising practices and innovative programs
- recommendations to enhance e-Mental health across the country

Guided by this briefing paper, the MHCC and its partners are working to bring increased attention, investment, and understanding to the area of e-Mental health, and to identify additional opportunities to further develop this promising field of service and resource delivery.

➤ To read more about e-Mental health and to download the briefing paper, visit [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

➤ For additional information, please contact Nicholas Watters, Director, Knowledge Exchange Centre, at [nwatters@mentalhealthcommission.ca](mailto:nwatters@mentalhealthcommission.ca) or 613.683.3749

## Did You Know?

- ✓ Demand for mental health services is growing
- ✓ Investing in e-Mental health is cost-effective, particularly in remote areas
- ✓ While not intended to replace traditional methods, some e-Mental health services have proven as effective as those delivered face-to-face



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