



Supporting Information

Supplementary box

**This appendix was part of the submitted manuscript and has been peer reviewed.
It is posted as supplied by the authors.**

Appendix to: Hickie IB. The “uberisation” of mental health care: a welcome global phenomenon? *Med J Aust* 2019; 211: doi: 10.5694/mja2.50342.

Key examples of Australian innovations in digital mental health

1. ReachOut.com (<https://au.reachout.com>), the world's first online community-based suicide prevention organisation for young people developed by the not-for-profit Inspire Foundation in 1996;
2. Academic developments led by Andrews and colleagues (e.g. treatment for depressive and anxiety disorders) which inspired new professionally-supported service models that combine clinical assessment and digitally-delivered cognitive-behavioural therapies (e.g. MindSpot Clinic [<https://mindspot.org.au>] developed by Titov and colleagues);
3. Web-based cognitive behavioural and other psychological therapies developed, evaluated and deployed in large prevention-focused and primary care settings (e.g. moodgym [<https://moodgym.com.au>] developed by Christensen and colleagues);
4. Web-based programs for parents and students to prevent adolescent substance misuse and related harms (e.g. Climate Schools Plus [<https://climateschoolsplus.org.au>] developed by Teesson and colleagues);
5. eOrygen, led by Alvarez-Jimenez and colleagues, has created a youth-focused digital framework and platform that integrates online therapy, online social support, peer and expert moderation and clinician support for young people with (or at risk for) psychosis, depression, anxiety, suicide risk and other disabling disorders, and their families;
6. eheadspace (<https://headspace.org.au/eheadspace>), an online service environment to complement clinic-based headspace services;
7. Head to Health (<https://headtohealth.gov.au>), a Department of Health administered service portal to facilitate direct consumer linkages to relevant service providers; and
8. Very traditional crisis services such as Lifeline (<https://www.lifeline.org.au>) are now also moving to incorporate new digital technologies within their service offerings.