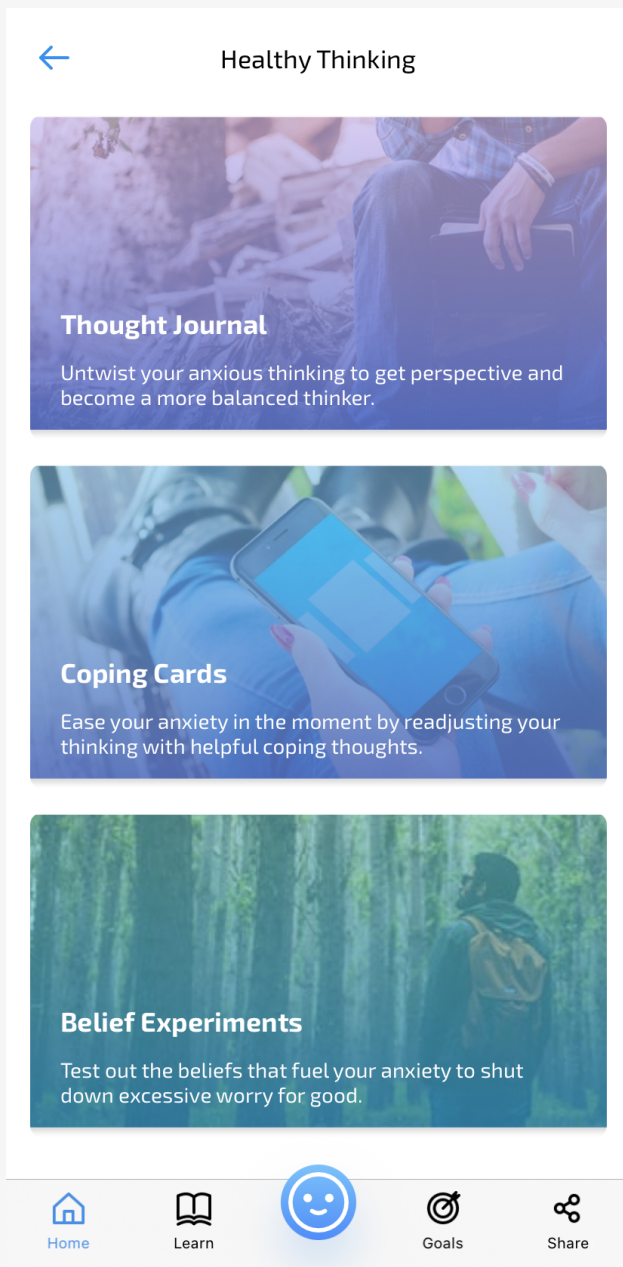


BEST PRACTICE GUIDELINES TO INFORM SELECTION OF E-MENTAL HEALTH RESOURCES: SUPPLEMENTAL GUIDE

This supplemental guide uses a sample online mental health resource to provide you with more information on how to apply both the **essential** and **value added criteria** when looking to make a resource recommendation. Examples of each criterion are highlighted and explained, based on the sample resource.

SAMPLE RESOURCE: MINDSHIFT™ CBT - ANXIETY CANADA WWW.ANXIETYCANADA.COM



Interactive: There are different opportunities for the user to interact with the app; through journaling or reading coping cards.

Visually appealing: The app is presented in a creative way to engage the user with the interface.

Inclusiveness: The app includes diverse visuals that don't reinforce stereotypes.

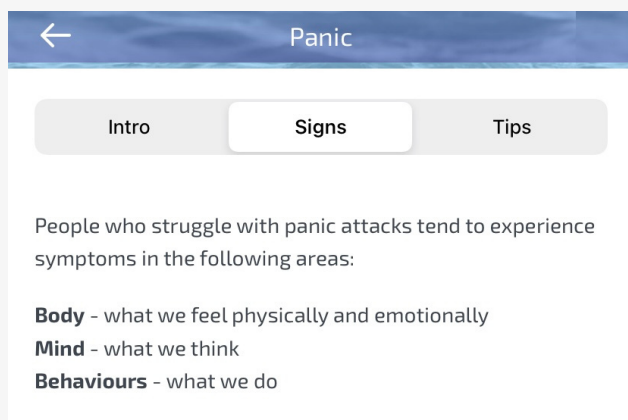
Clear navigation: The structure of the app is clear and is accessible with the navigation bar.

1. **MindShift CBT** is based on scientific evidence. The team that translated the knowledge to create the evidence-based app included scientific and clinical experts in the area of anxiety as well as people with lived experience of anxiety and technology professionals. This is a great start but Anxiety Canada is not done yet – research on the app itself is in the works. Stay tuned.

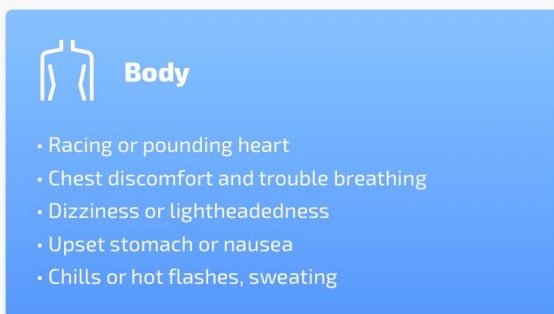
Evidence-based: The developers of the app provide information about the empirical evidence used to create the resource.



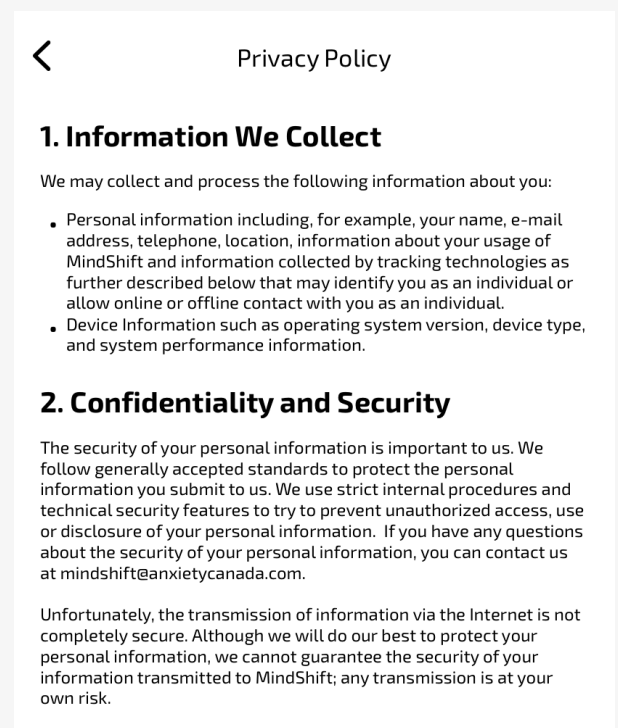
General accessibility: This resource is free, making it accessible to all individuals (with a smartphone).



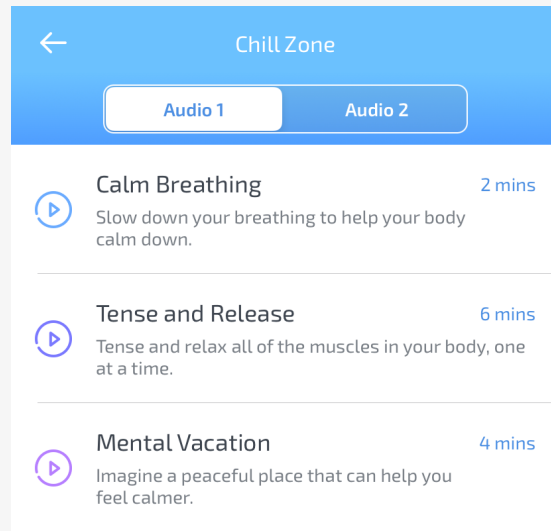
Developmentally appropriate: The information provided is concise and can be understood by adolescents.



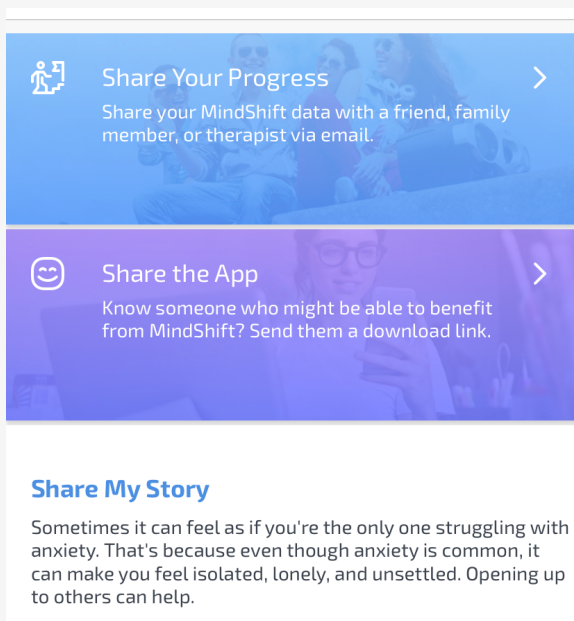
Safety/Confidentiality: Detailed information about confidentiality and preventing the disclosure of any information outside the app.



Accessibility for diverse learners: The app provides multi-media options (e.g., audio, visuals, text-based) for users to engage with the information.



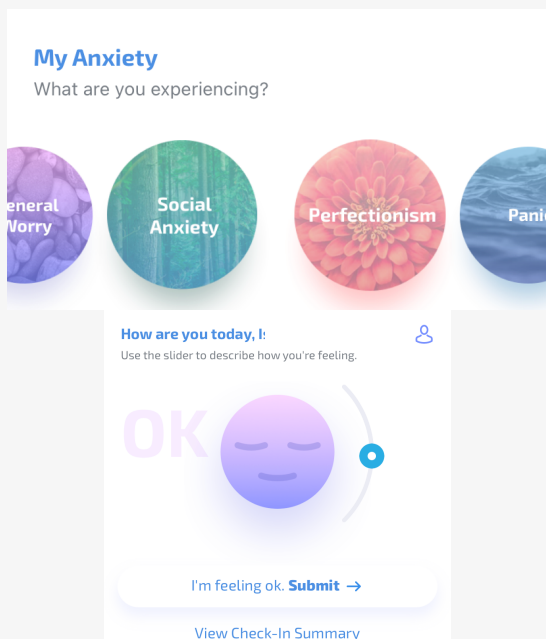
ADDITIONAL CRITERIA TO NOTE



Mental health provider follow-up: The app provides options to share progress with mental health providers.



Social interactions: Opportunities are provided for app-users to connect with their peers.



Breadth & Depth: Strategies are presented for a variety of mental health difficulties. The information provided is comprehensive.



Personalisation: The resource offers an opportunity to create a personalized profile.

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