

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

Given school mental health professionals' limited time to review best practice literature on online mental health support, this infographic guide was developed **to support the selection of e-mental health resources for adolescents.**

WHAT IS E-MENTAL HEALTH?



E-mental health comprises not only online manualized programs but resources such as **websites, interactive infographics, mobile phone applications, and online interventions.**

"As a school psychologist, I find this guide helps me evaluate online resources so that I have confidence that what I recommend will be beneficial for adolescents"

HOW TO USE THIS?



Use the attached **evidence-based criteria** to inform your selection of e-mental health resources. Ideally, all of the essential criteria should be checked off before making a recommendation. The **value-added** criteria indicates an even higher quality of resource but are not essential. The prompting questions are there to guide you and provide further clarification about what each criterion entails.



Refer to the **supplemental guide** for an example of how to apply the essential criteria and value-added criteria to a sample online resource.

HOW WAS THIS CREATED?



This infographic guide was informed **by a review of the scientific literature** on youth-targeted e-mental health resources. For further reading, please check the reference list: [CLICK HERE](#)

CONTACT INFORMATION



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BEST PRACTICE CHECKLIST - ESSENTIAL CRITERIA

☐ INTERACTIVE



- Are there opportunities for the user to interact with the information being provided (e.g., through quizzes, videos, audios, etc.)?

☐ VISUALLY APPEALING



- Is the information presented in a creative & interesting way that will keep adolescents engaged?

☐ INCLUSIVENESS



- Are the visuals diverse in terms of race, ability/disability, gender, etc.?
- Do the visuals avoid reinforcing stereotypes (e.g., sad/depressed visuals are female; angry/externalizing are male) ?

☐ CLEAR NAVIGATION/USE OF RESOURCE



- Is the navigation of the resource well-designed and easy to use?
- Can information easily be found in this resource (e.g., no need to click abundantly before finding information)?

☐ ACCESSIBILITY FOR DIVERSE LEARNERS



- Does the resource present the information in a variety of formats (e.g., audio, visual) to engage students based on their learning preferences?

☐ GENERAL ACCESSIBILITY



- Is the resource free or low cost? Is paid membership necessary to have full access?
- Can it be accessed through a variety of modalities (e.g., desktop, tablet, mobile- both IOS and android)?

☐ DEVELOPMENTALLY APPROPRIATE



- Is the information presented in a simple manner (e.g., not too technical or jargon)?
- Is the text concise?
- Is the tone used respectful towards adolescents (i.e., not too childish)?

☐ SAFETY/CONFIDENTIALITY



- Is there a clear privacy policy (e.g., does the resource follow appropriate internet security/privacy/confidentiality measures)?
- Is the resource discrete (e.g., is it easy to conceal on a phone or computer)?

☐ EVIDENCE-BASED



- Is the evidence base referred to, referenced, or available somewhere within the resource?



BEST PRACTICE CHECKLIST - VALUE-ADDED

☐ MENTAL HEALTH PROVIDER FOLLOW-UP



- Does the resource provide opportunities to share with mental health providers (MHPs) or a profile of activities that can be shared with MHPs?
- Are there opportunities for the MHP to follow up on progress or engage in discussion?

☐ SOCIAL INTERACTIONS



- Does the resource provide a moderated platform for students to connect with peers facing similar challenges as well as share stories and experiences?

☐ BREADTH & DEPTH



- Does the resource present strategies/support for a variety of mental health difficulties adolescents may experience?
- Does the resource include sufficiently detailed information?

☐ PERSONALIZATION



- Does the resource offer the opportunity to create a personalized profile? Select personalized content, activities, or resources?