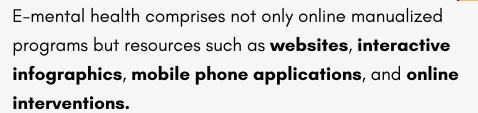




BEST PRACTICE GUIDELINES TO INFORM SELECTION OF E-MENTAL HEALTH RESOURCES

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?



"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 emental health resources. For further reading, please check the reference list: CLICK HERE

CONTACT INFORMATION

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.)?

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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)?

VISUALLY APPEALING



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





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

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)?

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)?

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)?

EVIDENCE-BASED



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

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?

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?

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?

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?

PERSONALIZATION



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