

Self-Help and Psychoeducational Online Resources

John M. Grohol, Psy.D.



E-Mental Health Summit 2009 - Amsterdam

People Turn to the Internet

*Self-Help &
Psychoeducational
Online Resources*

- ✦ 35% of U.S. adults now use social media for health and medical purposes ¹
- ✦ About half of U.S. adults online search for health information every month ^{2, 3}
- ✦ "Now thinking about all the sources you turn to when you need information or assistance in dealing with health or medical issues, please tell me if you use any of the following sources..." ²
 - 86% of all adults ask a health professional, such as a doctor.
 - 68% of all adults ask a friend or family member.
 - **57% of all adults use the internet.**
 - 54% use books or other printed reference material.

1 - Manhattan Research's Cybercitizen Health v9.0

2 - Fox, S. (2009). The Social Life of Health Information.
Pew Internet and American Life Project.

3 - ComScore MediaMetrix, Aug 2009

Where Online Do They Turn?

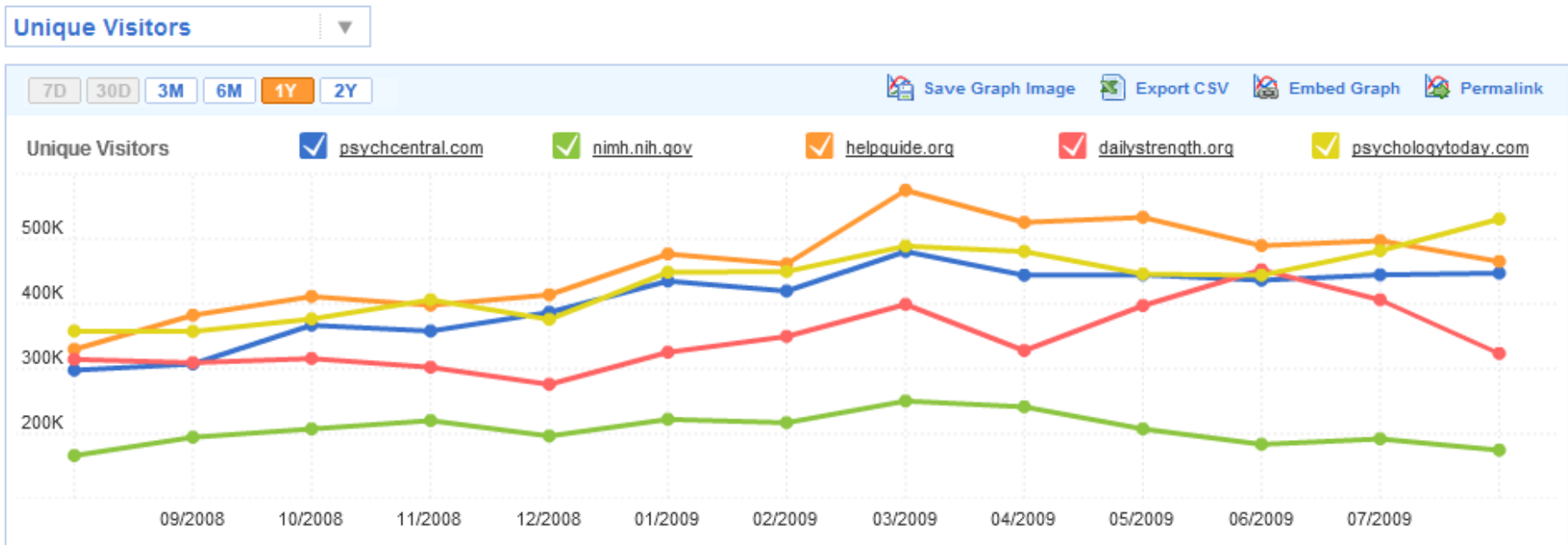
*Self-Help &
Psychoeducational
Online Resources*

- Informational / Education Websites
- Online Patient Groups
- Applications (Apps) & Web 2.0 Tools

Educational/Support Sites

*Self-Help &
Psychoeducational
Online Resources*

- 197 M U.S. Internet users in Aug 09
- 90 M searched on Health websites ¹



1 – ComScore MediaMetrix Aug 2009

Blue Pages

Self-Help &
Psychoeducational
Online Resources

Developed in conjunction with MoodGYM by Australian Centre for Mental Health Research

Focus of multiple research studies demonstrating efficacy

☺☺☺	These treatments are very useful. They are strongly supported as effective by scientific evidence.
☺☺	These treatments are useful. They are supported by scientific evidence as effective, but the evidence is not as strong.
☺	These treatments are promising and may be useful. They have some evidence to support them, but more evidence is needed to be sure they work.
☹	On the available evidence, these treatments do not seem to be effective.
?	These treatments have not been properly researched. It is not possible to say whether they are useful or not.

BluePages

Depression Information

[Home](#) |
 [Symptoms](#) |
 [Treatments](#) |
 [Help & Resources](#) |
 [Online Prevention](#) |
 [Depression Search](#) |
 [About BluePages](#) |
 [BlueBoard](#)

Home

Am I Depressed? Try our depression quiz

Worried About Anxiety? Try our anxiety quiz

MoodGYM: Online Cognitive Behaviour Therapy

Download: Relaxation Program

How to Support BluePages and BlueBoard

NEW Depression 'friendly' Insurance Policies

Medical Treatments

☺☺☺ [Antidepressants](#)

☺☺☺ [Electroconvulsive therapy](#)

☺ [Oestrogen](#)

☹ [Transcranial magnetic stimulation](#)

☹ [Tranquillisers](#)

Lifestyle & Alternative Treatments

☺ [Acupuncture](#)

☺ [Alcohol avoidance](#)

? [Alcohol for relaxation](#)

☺ [Aromatherapy](#) *updated*

? [Caffeine avoidance](#)

? [Chocolate](#)

? [Colour therapy](#)

? [Dance & movement therapy](#) *updated*

☺☺ [Exercise](#) *updated*

? [Fish Oils](#) *updated*

☹ [Ginkgo biloba](#)

? [Ginseng](#) *updated*

? [Glutamine](#)

? [Homeopathy](#)

? [Inositol](#)

? [Lemon balm](#)

☺☺ [Light therapy](#)

☺ [Massage therapy](#)

Psychological Treatments

☺☺ [Bibliotherapy](#) *updated*

☺☺☺ [Cognitive behaviour therapy](#)

? [Hypnotherapy](#) *updated*

☺☺ [Interpersonal psychotherapy](#)

☺☺ [Psychodynamic psychotherapy](#) *updated*

☺ [Reminiscence therapy](#)

☹ [Supportive counselling](#)

? [Meditation](#)

☹ [Music](#)

? [Natural progesterone](#)

☺ [Negative air ionisation](#)

☹ [Painkillers](#)

? [Pets & animal-assisted therapy](#) *updated*

? [Phenylalanine](#)

? [Pleasant activities](#)

☺ [Relaxation therapy](#) *updated*

☺ [SAME](#)

? [Selenium](#)

☺☺ [St John's wort](#) *updated*

☺ [Sugar avoidance](#)

☹ [Tryptophan](#)

☹ [Tyrosine](#)

? [Vervain](#)


☺ [Vitamins](#)

☺ [Yoga](#) *updated*

Government/Nonprofits

Self-Help &
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- [About Mind](#)
- We now have a [new national number](#) for **MindinfoLine**
- For [practical information](#): the award winning '*Understanding...*' booklets.
- Browse selected [passages from Mind Readings](#)
- Find your nearest [Local Mind Association](#)
- Visit **MindLink** the [service users network](#)
- Take part in Mind's [campaigns](#), [events](#) and other activities
-  [respect Time to end discrimination on mental health grounds](#) Monthly [news flyer](#) online
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1998

NATIONAL INSTITUTE OF MENTAL HEALTH



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[Welcome to NIMH](#)

Messages from the Director, general information about NIMH including mission statement and office/division organizational chart, employment information, telephone directories, legislative history, technology transfer, and information for NIMH Staff

[Public Information](#)

Information on specific mental disorders, diagnosis and treatment, "Mental Illness in America", Consensus Conference proceedings, plans & research reports, publications order forms, quicktime videos, information on the DEPRESSION Awareness, Recognition, & and the Panic Disorder Education Programs, and other resources

[News & Events](#)

Press advisories, press office information, listing of mental health meetings and conferences through 1998, and announcements and upcoming conferences and meetings

[Grants, Contracts, & Committees](#)

Information for scientists on NIMH contracts and grants programs including RFPs, grant application and review, RFAs, ongoing program announcements, research training and career development, small business programs, rosters/schedules of advisory committees, board groups, program analyses of NIMH extramural research grants & applications, access to NIH Grants policy, NIH Guide to Grants & CRISP database

[Research Activities](#)

Clinical studies, conference and workshop summaries, AIDS Research, Clinical and Treatment Research, Epidemiology and Services Research, Neuroscience and Behavioral Science Research, Human Brain Project, Suicide Research Consortium, and Technology Transfer Information

1997

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How we can help you

Mind home > How we can help you > Information and advice

How we can help you

Information and advice

- Diagnoses and conditions
- Treatments
- Rights and legislation
- Mental health statistics
- Support and social care
- Communities and social groups
- Society and environment

Information

Mind publishes information which we group into treatments, mental health and social groups.

Below is the full list of our website. If you are looking for a specific topic, browse the list below or the top right of your screen.

HELPGUIDE .ORG
A TRUSTED NON-PROFIT RESOURCE

Understand, Prevent & Resolve Life's Challenges

Choose A Topic

- Mental & Emotional Health
 - Abuse & Addictions
 - ADD / ADHD
 - Anxiety
 - Bipolar Disorder
 - Depression
 - Eating Disorders
 - Grief & Loss
 - Stress & Trauma
 - Other
- Family & Relationships Help
 - Parenting
 - Childhood Issues
 - Relationships
- Healthy Living
 - Diet & Nutrition
 - Sleep
 - Mind & Body

Empower Yourself AND YOUR LOVED ONES

WITH KNOWLEDGE

Helpguide's experts help you take control and make healthy choices.

NIMH National Institute of Mental Health
Transforming the understanding and treatment of mental illness through research

NIMH Home Health & Outreach Research Funding Science News About NIMH

Back to: [NIMH Home](#) > [Health & Outreach](#) > [Mental Health Topics](#)

Depression

What is Depression?

Depression is a serious medical illness; it's not something that you have made up in your head. It's more than just feeling "down in the dumps" or "blue" for a few days. It's feeling "down" and "low" and "hopeless" for weeks at a time.

[More about Depression »](#)

Watch this 4-minute video to learn about signs, symptoms and research on depression.



Laughter: The Health Benefit

In Memory of



Click on the play button to watch this video. Click on the following link to [save this video to your computer](#) (ZIP file, 6197 KB). (Visit the following link for [instructions on opening ZIP files](#).)

[Suggested usage for the NIMH Depression Video](#)

Science News about Depression

- [New Approach to Reducing Suicide Attempts Among Depressed Teens](#)
- [Combination Treatment for Psychotic Depression Holds Promise](#)
- [Brain Emotion Circuit Sparks as Teen Girls Size Up Peers](#)

[More Science News about Depression...](#)

Featured Publications about Depression

Depression (Easy to Read)

An easy-to-read booklet on Depression that explains what it is, when it starts, how long it lasts, and how to get help.

Date: 2007

[También disponible en Español](#)

Real Men Real Depression (Easy-to-Read)

An estimated six million men in the United States have a depressive disorder-major depression, dysthymia (chronic, less severe depression), or bipolar disorder (manic-depressive illness) every year.

Date: 2004

[También disponible en Español](#)

Women and Depression: Discovering Hope

A booklet that describes the symptoms, treatment

Psych Central

- ✦ Since 1995
- ✦ Run by mental health professionals
- ✦ Over 45 million visitors

PsychCentral® Learn. Share. Grow.

depression symptoms Search Join Us Now! / Sign In Chat Rooms (3)

Home Conditions & Disorders Quizzes Ask Q&A Drugs Blog News Research Resources Books Chats Community

Welcome to the Internet's largest and oldest independent mental health network, providing reliable, trusted information & self-help support communities for over 14 years.

6 Ways to Prepare for Withdrawal from an Antidepressant
Prepare For Tapering Off Your Medication
Teens and Self-Harm Two New Blogs Withdrawal

From Our Blogs

WORLD OF PSYCHOLOGY

- Many fMRI Studies 'Fundamentally Flawed'
- Surprise Approval of Fentanyl Makes Stock Go Wild
- 11 Things I Learned in High School
- National Children's Mental Health Awareness Day
- Could Getting Your Hands Dirty Make You Happy?

ANXIETY & OCD EXPOSED

- Women and Financial Stress
- More about OCD and Children

BIPOLAR BEAT

- Bipolar Disorder Q&A: Is it too dangerous to...
- Do You Miss Mania?

CELEBRITY PSYCHINGS

- Goldie Hawn Campaigns For Children's Mental Health Programs...
- Awe, Justin Chambers Is A Yogi

DEPRESSION ON MY MIND

- Bipolar: The new Twinkie defense?
- If my mental illnesses could choose an occupation....

FAMILY MENTAL HEALTH

- Are You A Parent Or A Friend
- Joy Fuels Emotionally Healthy Families

MINDFULNESS & PSYCHOTHERAPY

- Feeling Disconnected from Life: 9 Steps to Reconnect...
- Difficult Emotions: One Approach You'll Want to Try...

THERAPY UNPLUGGED

- The Good, the Bad and the Ugly of Therapy
- Mothers' Psychology of Breastfeeding - When the Milk...

News Headlines

- Lose Your Job? Your Health May Be At Risk
- Drugs Being Studied for Bipolar Disorder in Older Adults
- Sunlight Linked to Summer Suicides
- Duration of Treatment for PMDD Affects Relapse
- Lose Your Job? You're at Greater Risk for Health Problems
- PTSD Can Take Years Before Surfacing

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Ask the Therapist

- Do I have jealousy issues?
In 06, I had been dating my boyfriend for about a year and a half. I worried about...
- Why can't she stop lying?
- My mother ruined my life
- Menopause and Effexor
- Relationship Problems
- Depressed or Overreacting?

Get Answers from Others

- I had no Girl Friend due to my short ...
- Has anyone here with schizophrenia he...
- Why would someone want to hospitalize...
- What or where do you go when life in ...
- Am I mental
- How do I stop?
- Why am I so slow?

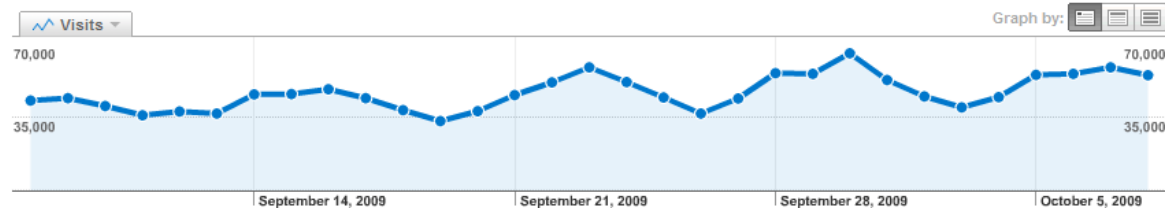
Helplines & Lifelines
Get help now by phone...

Book of the Month: What Matters Most: Living a More Considered Life
We review this intellectual treatise on living life in the moment.
Read Psych Central's review now...

Medication Library Quizzes & Tests Popular Articles & Essays

Dashboard

Sep 8, 2009 - Oct 8, 2009



Site Usage

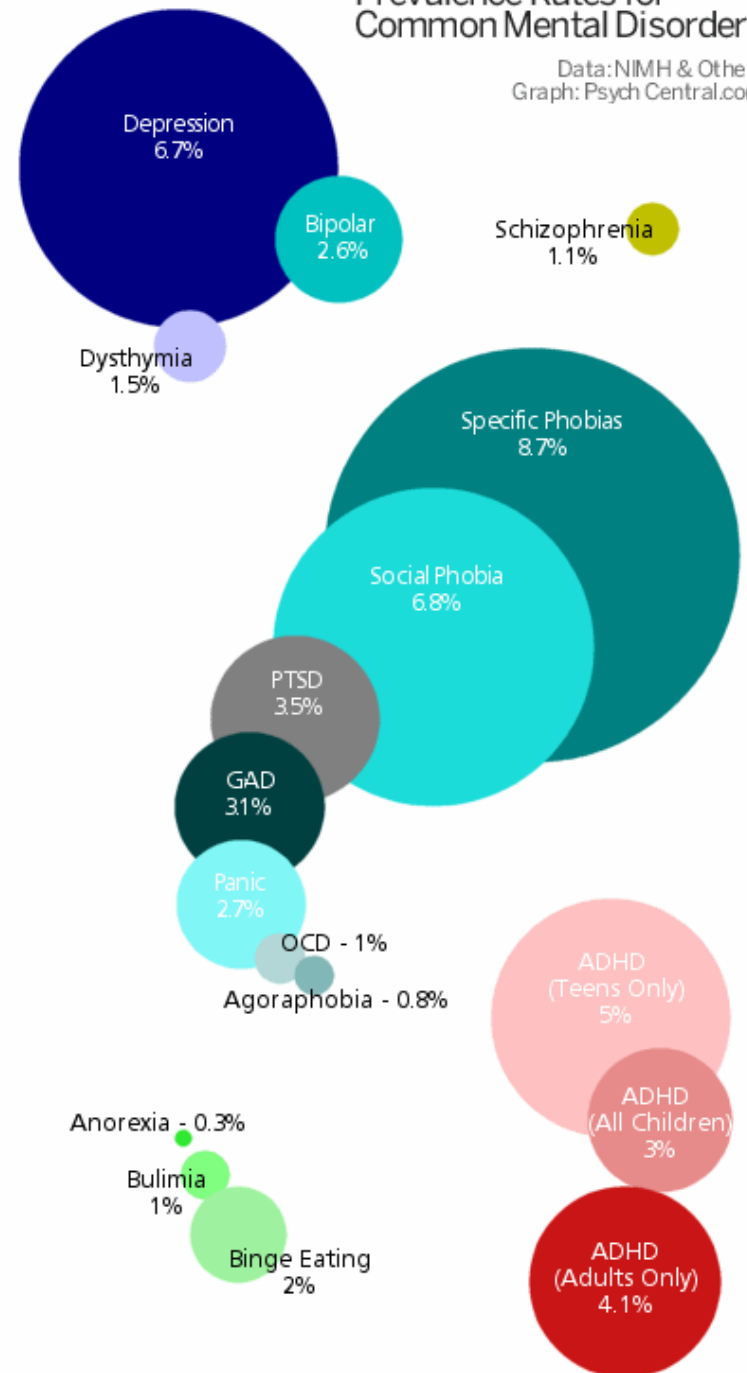
1,449,514 Visits

Making Information Accessible

- ✦ Giving context to information
- ✦ Interpreting research findings
- ✦ Calling out questionable results

Prevalence Rates for Common Mental Disorders

Data: NIMH & Others
Graph: Psych Central.com



Example

Self-Help &
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[« Blog Index](#)

Candy = Violence: Correlation, Causation and Association

By JOHN M GROHOL PSYD
October 9, 2009

Week after week, month after month, the health (and mental health) news headlines blare with the latest "link" between two things. Take, for instance, a few articles from just this past week we've published... Childhood cancer? Less likely to marry. Obese? [Depression](#) is more likely. Eat licorice while pregnant? Your child may have a smaller IQ. And my favorite from the past week? [Eat candy as a child? You're going to become a criminal.](#)

Researchers seem content to draw these correlations, knowing full well their data shed little light on the actual problem. Instead, what they manage to do is to shed a whole lot of brain cells. Ours.

I'll pick on the candy study because it's low-lying fruit and it's easy to make fun of. Let's look at the data reported:

Researchers from Cardiff University in Wales looked at data on 17,415 children born in a single week during April 1970 in the United Kingdom. The data, from the British Cohort Study, included detailed health and lifestyle information on the children at several points during their lifetimes, including ages 5, 10 and throughout adulthood.

Sexuality & Relationships

Sexuality Library

Frequently Asked Questions about Sexuality

An Overview of Sex Therapy

The 10 Myths Behind Masturbation

Relationships & Love Library

Choosing Happiness in Our Lives

10 Rules for Friendly Fighting for Couples

An Exercise to Grow Your Relationship

Quizzes

How Strong is Your Relationship?

Most Popular Posts

- 6 Healthy Habits That Can Make You Sick
- 10 Things to Say to a Sick Friend
- Facebook, Myspace and Twitter: Evil to Teens
- Candy = Violence: Correlation, Causation and Association
- 10 Secrets Your Therapist Won't Tell You
- Carl Jung's Red Book
- Top Ten Online Psychology Experiments
- Are Women Really More Selective in Dating?
- Teens, Sex and Technology
- Who Uses Internet Dating?

Most Popular News

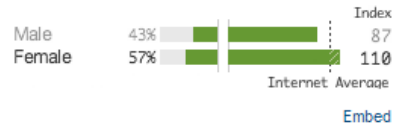
- Licorice While Pregnant Linked to Decline in Child's IQ, Behavior
- Depression, Obesity Linked
- Childhood Trauma May Shorten Adult Life
- Working Out Helps Regardless of Gains Made
- World Mental Health Day Is Oct. 10, 2009
- Gender Discrimination in the Workplace
- Childhood Cancer Survivors Less Likely To Marry
- Gene Therapy Pros and Cons for Parkinson's Disease

Psych Central

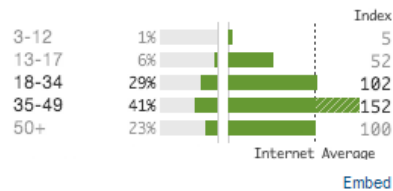
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Female

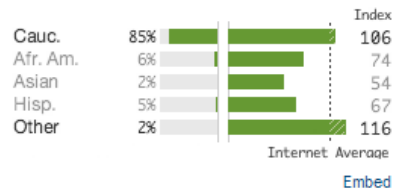


Middle Aged

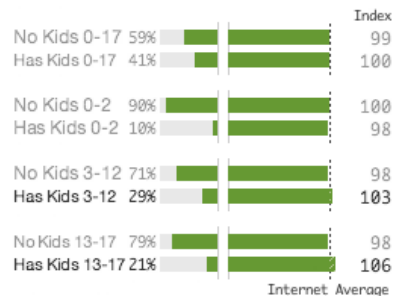


Other Ethnicities

There are more visitors of other ethnicities here than average.



Has Kids 13-17 In Household



Country	Uniques (Cookies)	Uniques %	Uniques Index	Visits %	Visits Index
United States	672,659	74.04	152	74.38	128
United Kingdom	59,083	6.50	136	6.36	166
Canada	45,578	5.02	145	5.23	153
Australia	22,712	2.50	189	2.57	221
India	10,458	1.15	62	1.01	93
Philippines	8,850	0.97	94	0.87	90
Ireland	5,219	0.57	156	0.56	234
Germany	4,709	0.52	19	0.51	29
New Zealand	4,361	0.48	205	0.49	235
Singapore	3,496	0.38	82	0.39	55
South Africa	3,445	0.38	179	0.38	219
Malaysia	3,022	0.33	51	0.30	48
Netherlands	3,015	0.33	37	0.36	53
Brazil	2,830	0.31	13	0.30	18
Turkey	2,290	0.25	18	0.22	27
Sweden	2,074	0.23	48	0.24	53

- ⊕ Viewed nearly 8.3 million times
- ⊕ Ongoing page survey (N = 62,822):
 - 29% helped
 - 24% did not help
 - 31% not sure

if you are thinking about

suicide... read this first

If you are feeling suicidal now, please stop long enough to read this. It will only take about five minutes. I do not want to talk you out of your bad feelings. I am not a therapist or other mental health professional - only someone who knows what it is like to be in pain.

I don't know who you are, or why you are reading this page. I only know that for the moment, you're reading it, and that is good. I can assume that you are here because you are troubled and considering ending your life. If it were possible, I would prefer to be there with you at this moment, to sit with you and talk, face to face and heart to heart. But since that is not possible, we will have to make do with this.

I have known a lot of people who have wanted to kill themselves, so I have some small idea of what you might be feeling. I know that you might not be up to reading a long book, so I am going to keep this short. While we are together here for the next five minutes, I have five simple, practical things I would like to share with you. I won't argue with you about whether you should kill yourself. But I assume that if you are thinking about it, you feel pretty bad.

Well, you're still reading, and that's very good. I'd like to ask you to stay with me for the rest of this page. I hope it means that you're at least a *tiny* bit unsure, somewhere deep inside, about whether or not you really will end your life. Often people feel that, even in the deepest darkness of despair. Being unsure about dying is okay and normal. The fact that you are still alive at this minute means you are still a little bit unsure. It means that even while you want to die, at the same time some part of you still wants to live. So let's hang on to that, and keep going for a few more minutes.

Start by considering this statement:

***"Suicide is not chosen; it happens
when pain exceeds
resources for coping with pain."***

That's all it's about. You are not a bad person, or crazy, or weak, or flawed, because you feel suicidal. It doesn't even mean that you really *want* to die - it only means that you have more pain than you can cope with right now. If I start piling weights on your shoulders, you will eventually collapse if I add enough weights... no matter how much you want to remain standing. Willpower has nothing to do with it. Of course you would cheer yourself up, if you could.

Don't accept it if someone tells you, "that's not enough to be suicidal about." There are many kinds of pain that may lead to suicide. Whether or not the pain is bearable may differ from person to person. What might be bearable to someone else, may not be bearable to you. The point at which the pain becomes unbearable depends on what kinds of coping resources you have. Individuals vary greatly in their capacity to withstand pain.

When pain exceeds pain-coping resources,



Online Groups

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Crowdsourced Health Confirms Infertility-Asthma Finding

September 15th, 2009 Alexandra Carmichael Posted in [Open Source Research](#), [Research Findings](#) | [2 Comments](#) »

CureTogether Data Reveals Link Between Self-Reported Infertility and Asthma

Announced at Mayo Clinic [Transforming Healthcare Conference](#) on September 15: Patients at [CureTogether](#) who report infertility are 1.9x more likely to report having asthma than patients who don't report infertility.

This comes from an analysis of 324 patients. Within the 34 people reporting infertility, 21 (61%) reported having asthma (the remaining 13 specifically said they did NOT have asthma). Within the 290 people reporting "no infertility", 58 (20%) reported having asthma (the remaining 232 did not report asthma).

This 38% vs. 20% relative risk is statistically significant, with a 95% confidence interval of 1.05-3.35.

About CureTogether

Results 1 – PD Patients gamble more than ALS patient



**13% of
Parkinson's
patients report
pathological
gambling**



**3% of ALS
patients
report
pathological
gambling**

- N=208 PD patients,
- N=236 ALS patients
- SOGS cutoff 5+
- K6 cutoff 13+
- Representative of PatientsLikeMe users
- Problem gamblers spent ~\$2,500 p.a.
- Healthy population PG estimate: 0.25-1.7%

- ✚ Personality Patterns
- ✚ Happier.com
- ✚ eCBT iPhone app
- ✚ Sanity Score
- ✚ MoodGYM

Personality Patterns

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Personality Survey

10% complete

[< Go Back](#)

Is this like you?

I have difficulty imagining things and struggle to come up with new ideas.

Opposite of me ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Exactly like me

I respect authority and try to follow rules. I avoid taking advantage of people and respect the privacy of others.

Opposite of me ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ ☐ Exactly like me

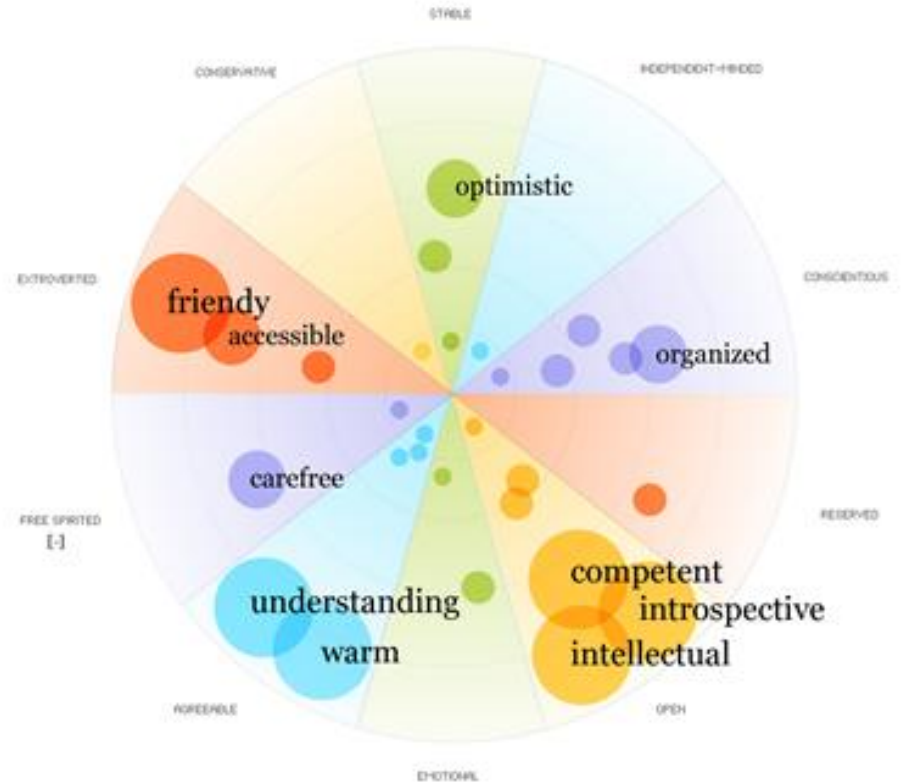
I enjoy spending time by myself in contemplation and reflecting on things. I often prefer to be alone.

Opposite of me ☐ ☐ ☐ ☐ ☐ ☒ ☐ ☐ ☐ Exactly like me

I try not to think about the needy and tend to dislike soft-hearted people. I tend to look down on any weakness.

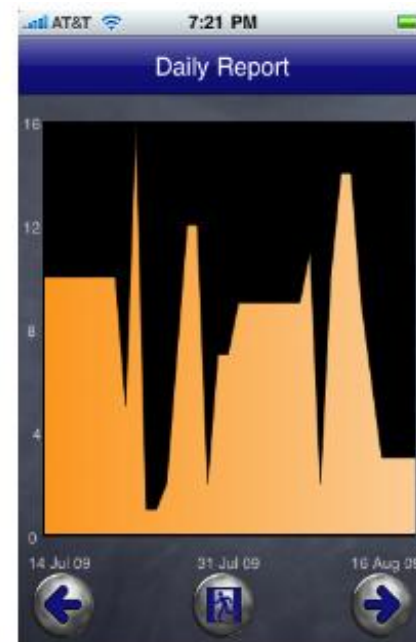
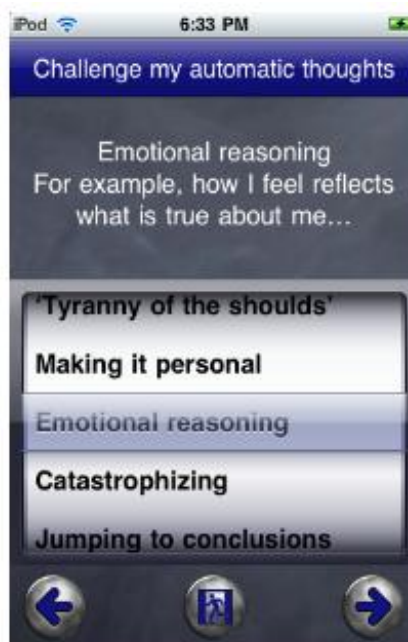
Opposite of me ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Exactly like me

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eCBT iPhone App

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three good things

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three good things



For each positive event in your list, answer the question, "Why did this good thing happen?" Determining the "why" or the cause of the event is the most important part of the exercise. For example, you might speculate that your husband picked up ice cream "because my husband is really thoughtful sometimes" or "because I called him and reminded him to stop by the grocery store." When asked why your sister gave birth to a healthy baby boy, you might say, "God was looking out for her" or "She did everything right during her pregnancy." Enter the events and

[go to journal](#)

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 PsychCentral®

E-Mental Health Summit 2009 - Amsterdam

Sanity Score

- ✚ General mental health screening measure
- ✚ Subscales based upon existing, standardized quizzes
- ✚ Encourages further learning & recommends professional assistance when needed

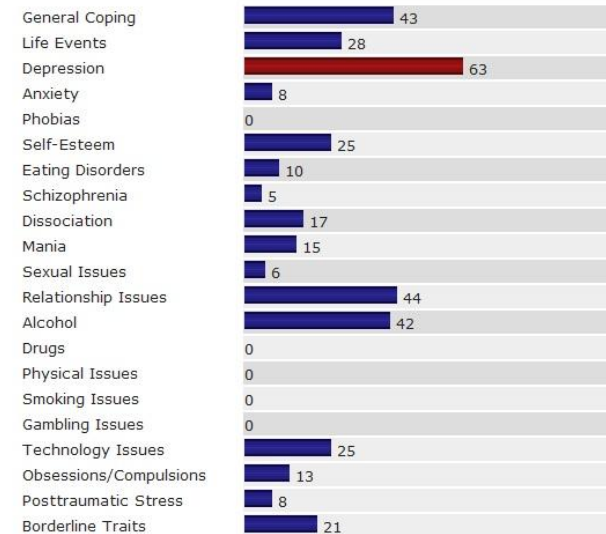
Your Sanity Score

63

Based upon your answers, you appear to be in generally good mental health, with some specific concerns or issues in your life. Most people have such issues to varying degrees -- some seek outside help for them from a mental health professional like a psychologist, psychiatrist or psychotherapist, while others are happy with the way things are in their life. People with similar scores sometimes feel overwhelmed by the occasional stress in life, but usually recover and are fairly resilient.

(The Sanity Score is based upon a scientific algorithm with scores ranging from 0 - 288.)

Your specific subscores are below (subscales range from 0 - 100). Under the graph of subscores, you will find additional information regarding the meaning of any significant scores or areas that may be of concern.



General Coping: People with similar scores as yours tend to feel a little overwhelmed by life at times. You appear to express some unhappiness with the way your life is going right now.

Life Events: You're experiencing events in your life that may be negatively affecting your overall mental health and your ability to cope with other things in your life. This may also affect your mood.

⚠ Depression: People with scores similar to yours are typically suffering from a **moderate to severe depressive episode**. This is also known as clinical depression or just plain **depression**. People who have answered similarly to you typically qualify for a diagnosis of major depression and have sought professional treatment for this disorder.

You should not take this as a diagnosis of any sort, or a recommendation for treatment. However, it would be advisable and likely beneficial for you to seek further diagnosis from a trained mental health professional soon to rule out a possible depressive disorder.

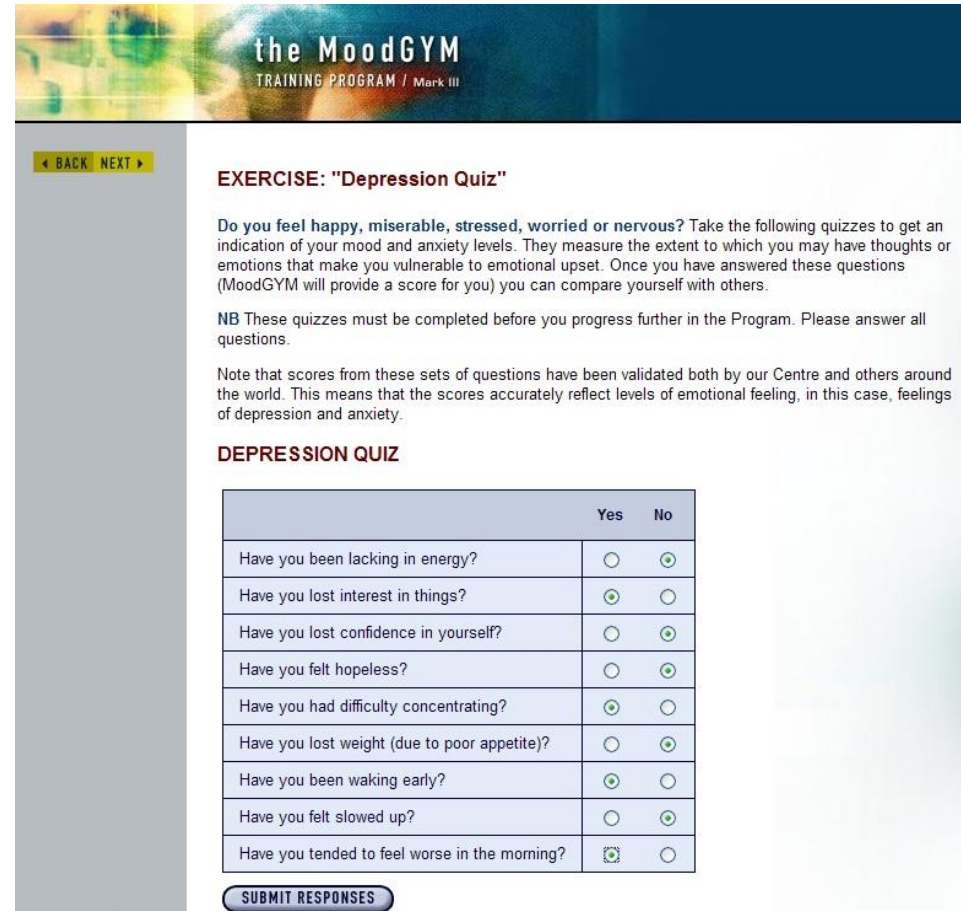
Take Action for Depression:

- [Learn About Depression](#)
- [Take a Depression Quiz](#)
- [Read About Treatment Options](#)
- [Join our Support Group](#)
- [Find a Therapist](#)

Self-Esteem: People with scores similar to yours express some minor concerns with their self-esteem. Self-esteem is most often the product of our upbringing and personalities. It is

⊕ Interactive online programs

- MoodGYM
- MasteringMyLife



The screenshot displays the 'the MoodGYM TRAINING PROGRAM / Mark III' interface. It features a navigation bar with 'BACK' and 'NEXT' buttons. The main content area is titled 'EXERCISE: "Depression Quiz"' and includes instructions on how to use the quiz. Below the instructions is a table for the quiz questions, each with 'Yes' and 'No' radio button options. A 'SUBMIT RESPONSES' button is located at the bottom of the form.

EXERCISE: "Depression Quiz"

Do you feel happy, miserable, stressed, worried or nervous? Take the following quizzes to get an indication of your mood and anxiety levels. They measure the extent to which you may have thoughts or emotions that make you vulnerable to emotional upset. Once you have answered these questions (MoodGYM will provide a score for you) you can compare yourself with others.

NB These quizzes must be completed before you progress further in the Program. Please answer all questions.

Note that scores from these sets of questions have been validated both by our Centre and others around the world. This means that the scores accurately reflect levels of emotional feeling, in this case, feelings of depression and anxiety.

DEPRESSION QUIZ

	Yes	No
Have you been lacking in energy?	<input type="radio"/>	<input checked="" type="radio"/>
Have you lost interest in things?	<input checked="" type="radio"/>	<input type="radio"/>
Have you lost confidence in yourself?	<input type="radio"/>	<input checked="" type="radio"/>
Have you felt hopeless?	<input type="radio"/>	<input checked="" type="radio"/>
Have you had difficulty concentrating?	<input checked="" type="radio"/>	<input type="radio"/>
Have you lost weight (due to poor appetite)?	<input type="radio"/>	<input checked="" type="radio"/>
Have you been waking early?	<input checked="" type="radio"/>	<input type="radio"/>
Have you felt slowed up?	<input type="radio"/>	<input checked="" type="radio"/>
Have you tended to feel worse in the morning?	<input checked="" type="radio"/>	<input type="radio"/>

SUBMIT RESPONSES

Conclusions

*Self-Help &
Psychoeducational
Online Resources*

- ⊕ Online resources used to learn/research health & mental health conditions
- ⊕ Consumers nearly always start at Google (or equivalent)
- ⊕ If it's not found there or recommended by their doctor, consumers won't find it

Self-Help and Psychoeducational Online Resources

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