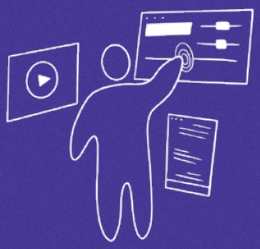
Digital tools can help manage depression

Digital tools may include a wide range of technologies, from electronic patient records to e-counselling to smartphone apps.

They can help healthcare providers and people living with depression to manage their condition more effectively.

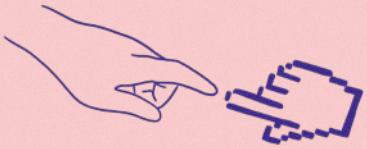
Strengthen delivery of care

Health and social care services can use digital tools, such as e-counselling and apps, to strengthen the delivery of mental health care.[1,2] Digital tools can help services reach people living with depression who might be falling through the gaps of conventional care.



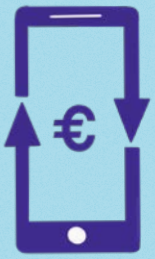
Empower people living with depression

Digital tools for health can help improve treatment choices and empower people living with depression to manage their condition. They can support people to take greater control of their care.



Help young people connect

For younger people living with depression, digital tools may help navigate their experience. For example, online forums can help alleviate feelings of isolation by allowing people to communicate with peers who are experiencing similar challenges.[3]



Enable equality of access

Telemedicine, e-counselling and other digital care models should be reimbursed just like in-person care. This will ensure that everyone can access these new models of treatment.

wordstoaction.eu
@WTA_initiative

1. European Commission. 2018. Tackling depression with digital tools. [Updated 04/06/18]. Available from: https://ec.europa.eu/research/infocentre/article_en.cfm?id=/research/headlines/news/article_18_06_04_en.html?infocentre&item=Infocentre&artid=48877 [Accessed 06/11/20]
2. Hallgren KA, Bauer AM, Atkins DC. 2017. Digital technology and clinical decision making in depression treatment: current findings and future opportunities. *Depress Anxiety* 34(6): 494-501
3. Prescott J, Hanley T, Ujhelyi K. 2017. Peer communication in online mental health forums for young people: directional and nondirectional support. *JMIR Ment Health* 4(3): e29

This poster is based on a collaboration between The Health Policy Partnership and Janssen Pharmaceutica NV, and is also being funded in its entirety by Janssen Pharmaceutica NV.