






Australian eMH Treatment Program Characteristics

Cost	Free of Charge	Most
	Charge to User	THIS WAY UP ↑↑
Structure	Linear	Most
	Modular	myCompass 
Program Specificity	Diagnosis specific	THIS WAY UP ↑↑ 
	Transdiagnostic	  myCompass 
Style	Self-help	Most
	Guided self-help	THIS WAY UP ↑↑ 