

Program	Description	Indicated client group(s)	Outcome(s)	Strength of evidence
SHUTi (Black Dog Institute/Be Health Solutions)	Self-guided internet-delivered CBT for insomnia	Adults with depression and insomnia	Reduced suicidal ideation ¹	✓ RCT, suicidality
Living with Deadly Thoughts (Black Dog Institute)	CBT aimed at suicidal thoughts, symptoms of depression and/or anxiety <i>Currently available in Dutch; English version being evaluated (RCT, Healthy Thinking trial⁴⁸)</i>	Adults (Dutch)	Reduced suicidal thoughts ²	✓ RCT, suicidality
MoodGYM (Australian National University)	Internet-delivered CBT and interpersonal therapy <i>Available in several languages (English, Norwegian, Dutch, Chinese, Finnish, German)</i>	University medical students	Reduced suicidal ideation ³	✓ RCT, suicidality
		Adults experiencing psychological distress or depressive symptoms	Reduced symptoms of depression ^{4,5} Reduced distress ⁶ and improved quality of life ⁷ but no effect on symptoms of depression or anxiety ^{6,8}	✓ Meta-analysis produced tentative support for reducing symptoms of depression ? suicidality
MindSpot (Macquarie University)	Self-guided or therapist-assisted; Internet-delivered CBT for depression, anxiety (separate programs also available for OCD, PTSD) <i>Specialized programs available for Aboriginal and Torres Strait Islander adults, and older people (60+ years)</i>	Adults with depression	Reduced symptoms of depression ^{9,10} ; <i>studies excluded participants experiencing suicidal thoughts</i>	✓ RCT, symptoms of depression ? suicidality
MyCompass	Self-guided internet-delivered CBT for depression, anxiety, stress	Adults with mild-to-moderate depression, anxiety, and/or stress	Reduced symptoms of depression, anxiety and stress ¹¹ ; <i>study excluded participants experiencing suicidal thoughts</i>	✓ RCT, symptoms of depression, anxiety, stress ? suicidality
Ecouch (Australian National University)	Internet-delivered CBT for depression (separate program also available for anxiety)	Adults with depressive symptoms	Reduced symptoms of depression similarly to MoodGYM ¹² , increased quality of life ¹³	✓ RCT, symptoms of depression ? suicidality

		Older adults (45 years +) with or at risk for cardiovascular disease	Reduced symptoms of depression ¹⁴	✓ RCT, symptoms of depression ? suicidality
BeyondNow (Beyond Blue)	Smartphone application or internet-based Safety Planning Intervention (SPI)	No known studies	No known studies	?
Mental Health Online (Swinburne University)	Self-guided or therapist-assisted;	No known studies	No known studies	?
eCentreClinic (Macquarie University)	Programs exclude patients currently experiencing suicidal ideation			
This Way Up (Clinical Research Unit for Anxiety and Depression)				

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