

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 <sup>1</sup>	✓ 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 trial<sup>48</sup>)</i>	Adults (Dutch)	Reduced suicidal thoughts <sup>2</sup>	✓ 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 <sup>3</sup>	✓ RCT, suicidality
		Adults experiencing psychological distress or depressive symptoms	Reduced symptoms of depression <sup>4,5</sup>  Reduced distress <sup>6</sup> and improved quality of life <sup>7</sup> but no effect on symptoms of depression or anxiety <sup>6,8</sup>	✓ 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 <sup>9,10</sup> ; <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 <sup>11</sup> ; <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 <sup>12</sup> , increased quality of life <sup>13</sup>	✓ RCT, symptoms of depression  ? suicidality

		Older adults (45 years +) with or at risk for cardiovascular disease	Reduced symptoms of depression <sup>14</sup>	✓ 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)	<b>Programs exclude patients currently experiencing suicidal ideation</b>			
This Way Up (Clinical Research Unit for Anxiety and Depression)				

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