Table 1. Overview of studies included in final review.

Table 1. Overviev Authors (year)	V of studies	s included in fir Research	al review. Participant	Key findings
Autions (year)	Location		•	Key mangs
		methodolog	S	
		У		
Barker et al	Australi	An online	Young	Young people access online tools
(2017) [50]	а	screen	people	with many being first time help
		consisting of	aged 15-	seekers.
		the Alcohol	24 years;	• An online tool, such as a screen, is
		Use	(females	an effective way to identify and
		Disorders	=295,	engage help seekers.
		Identificatio	males	• The online screen was effective in
		n Test	=245)	raising awareness and insight but
		(AUDIT),		also provided suitable pathways to
		Alcohol,		support online and offline.
		Smoking,		
		and		
		Substance		
		Involvement		
		Screening		
		Test		
		(ASSIST),		
		ASSIST],		
		Kessler		
		Psychologic		
		al		
		Distress		
		Scale(K10),		
		and		
		Australian		
		Treatment		
		Outcomes		
		Profile		
		(ATOP)		
		` '		

Bell et a	United	Online	University	•	Studies revealed significantly higher
(2018) [24]	Kingdo		students		levels of suicide risk and social
	Ū	survey			
	m		aged 18-		anxiety among suicide-related
			24 years		internet users when compared with
					nonsuicide-related users.
				•	Significantly more nonsuicide-
					related users reported that they can
					talk about problems with their family
					than suicide-related users.
				•	Suicide-related internet users are a
					high-risk group who turn to the
					internet as their suicidal feelings
					increase.
				•	The question of what is harmful or
					helpful depends on the perceiver.
				•	It is important that sites are
					moderated by administrators who
					operate rules against unsupportive
					communication and remove
					disruptive or overly pessimistic
					content.
				•	A degree of caution is needed when
					assuming that sites dedicated to
					information about suicide methods
					and their effectiveness will always
					have a harmful or negative impact
					on suicidal internet users.
Best et al	Norther	48-item	High	•	Searching online for health
(2014) [22]	n	questionnair	school		information was not associated with
	Ireland	e: mental	students,		decreases in mental well-being
		well-being;	males		among respondents.
		social	aged 14-	•	Very few respondents stated they
		networking			would be likely to access mental
		-			

	1			r	
		and internet	15 years,		health information through
		use; self-	(N=527)		government health website.
		efficacy;		•	Knowing that the information came
		online help			from a trusted source and the
		seeking			constant presence of a trained
					professional were the most
					importance features of online mental
					health services.
				•	Socioeconomic background and
					educational level were not significant
					predictors of online help-seeking
					behavior.
Best et al	Norther	Modified	High	•	The pathways to online help seeking
(2016) [9]	n	photo-	school		conceptual model.
	Ireland	elicitation	students,	•	Online informal help-seeking
		techniques	males		pathways increased opportunities for
		were	aged 14-		support but included loss of control
		employed	15 years		and anonymity.
		within 8	(N=56)	•	Participants have difficulty accessing
		semistructur			formal online pathways due to lack
		ed focus			of familiarity.
		group			
		sessions			
Birnbaum et al	United	Pathways to	Participant	•	A third of the sample used the
(2017) [47]	States	Care for	s recruited		internet as their primary source for
		Psychosis	from		obtaining mental health-related
		Questionnai	clinical		information, especially during the
		re (PCP-Q);	settings,		emergence of symptoms.
		the PCP-Q	aged 12-	•	The online environment is clearly a
		consists of	21 years		powerful resource regularly used by
		approximate	(N=80;		the vast majority of young people
		ly 70 open-	males =39,		during prolonged periods of
		ended and			untreated illness.
L	I	1	1	I	

		multiple-	females		
		choice	=41)		
		questions.	-+1)		
Dradfard and	Australi	•	Llinda		
Bradford and	Australi	Self-report	High 	•	Reason for preference of online
Rickwood	а	questionnair	school		support services included the
(2014) [35]		е	students		anonymity of the internet;
			(females		information was easily accessible,
			=139;		and that there are often people in
			males =92)		chat rooms who have been through
					a similar experience.
				•	Adolescents are more likely to not
					seek help at all.
Burns et al	Australi	Telephone	Young	•	Young people who reported
(2016) [13]	а	interview	people		moderate to very high levels of
			aged 16-		psychological distress were more
			25 years		likely to use the internet to seek
			(males		information about a mental health
			=700;		and alcohol or substance use
			females		problem than those with low
			=700)		psychological distress.
				•	Young females were significantly
					more likely than males to use the
					internet for accessing health
					information.
				•	Young people with moderate to very
					high levels of psychological distress
					were more likely to use the internet
					after 11 pm than those with low
					levels of psychological distress.
				•	The internet is a place where young
					people spend time, connect with
					others, and seek help for their
					problems.

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Burns et al	Australi	Telephone	Young	Young people reported searching
(2010) [48]	а	interview	people	the internet for information about
			aged 12-	physical or mental health problems
			25 years	regardless of whether they had a
			(n=2000,	problem themselves.
			females	Less than half sourced information
			=1000,	from mental health websites, while
			males	50.7% sourced information from
			=1000)	other websites, including
				government websites, online
				encyclopedias, medical journals,
				pharmaceutical information,
				research databases, and tertiary
				education websites.
				Forums, bulletin boards, and
				discussion or support groups were
				not common sources of information.
Collin et al	Australi	Website	1	The ReachOut website appears to be
(2011) [12]	а	statistics,		acting as a gateway service by assisting
		user		a young person to identify that they
		profiling		have a problem that warrants help and
		survey,		then supporting the young person to
		user-		access appropriate treatment in a timely
		generated		manner.
		content, and		
		interview		
		and focus		
		groups		
Ellis et al	Australi	Online	Young	More than half of all males and two-
(2012) [26]	а	survey:	people	thirds of psychologically distressed
		technology	aged 16-	males used the internet for help
		use;	24 years	seeking.
L	1	1	I	1

1 Data not available

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		attitudes	(N=1038,	•	Significantly more females than
		and	females		males had talked about their
		behaviors;	=552,		problems online.
		psychologic	males	•	Majority of the entire sample had
		al distress	=486		sought help for their problems
		(K6),			online.
		technology			
		and mental			
		health			
Ellis et al	Australi	Online	National	•	Age was a significant predictor for
(2013) [25]	а	survey and	online		seeking help online, with younger
		focus	survey of		males being more likely to have
		groups	486 males		talked about their problems online
			(aged 16-		than older males.
			24 years)	•	Young men tend to resist
			and 17		encouraging a friend to seek help
			focus		but at the same time would require
			groups		prompting from a close friend to start
			involving		seeking help.
			118 males		
			(aged 16-		
			24)		
Feng and	Australi	Online	First year	•	Almost half of participants (44%)
Campbell	а	survey:	university		reported they had used the internet
(2011) [27]		demographi	students		at some point in time to learn about
		c items, use	(N=176,		personal feelings of anxiety,
		of e-mental	females		sadness, or confusion.
		health	=119,	•	No participants reported that the
		information	males =57)		online resources made things worse
		and			or a little worse.
		resources,		•	The sample had a preference for
		Eysenck			text-based search engines and
		Personality			information sites.
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		Questionnai		•	Making e-mental health resources
		re			available does not necessarily result
					in their use.
Frost and	Australi	Online	Young	•	Online help seekers were
Casey (2016)	а	survey:	people		significantly younger than those who
[29]		psychologic	reporting a		did not seek help online in relation to
		al distress	history of		self-injury.
		(K10); self-	self-injury	•	Young people who sought help
		injurious	(N= 679)		online in relation to self-injurious
		behaviors	were		behavior were more distressed and
		(The Self-	identified		had higher levels of suicidal ideation.
		Harm	as part of	•	Those who had gone online looking
		Behavior	larger		for support in relation to self-injury
		Questionnai	study		reported a belief that there is more
		re [SHBQ]);	(N=1463)		support available to them online.
		suicidal	exploring	•	Online help seekers had significantly
		ideation	help		higher psychological distress,
		(SBQ-R);	seeking		suicidal ideation, and self-injurious
		help-	(females		behavior.
		seeking	=513,	•	Young people who sought help
		intentions	males =71)		online in relation to self-injurious
		(GHSQ)			behavior were less likely to have
					disclosed their self-injurious behavior
					to anyone.
Frost et al	Australi	Online	A sample	•	Online help seekers were
(2016) [28]	а	survey	of 1463		significantly more distressed,
			remained,		suicidal, and had a greater degree of
			with 679 of		self-injury compared to those who
			these		did not seek help online.
			participant	•	Access related to the need for 24×7,
			s reporting		free service with instant access and
			a history of		real-time support, from anywhere.
			self-injury.		· · ·
			-	1	

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			The	•	A significantly higher proportion of
			qualitative		individuals who had previously been
			question of		online to seek help in relation to self-
			relevance		injurious behavior endorsed the
			in the		importance of reduced isolation.
			current	•	Services delivered online may need
			paper was		to incorporate contact with
			completed		professionals and peers to be most
			by 457		effective.
			(females		
			=399)		
Greidanus and	Canada	Analysis of	2	•	In all cases, adolescents described
Everall (2010)		records			their experiences of being suicidal as
[44]		created on			the result of life stressors and within
		an online			the context of other life events.
		community		•	Responding member's messages
		message			contained all of the elements that
		board			would be included by trained
					volunteers. The most common of
					these being empathy,
					empowerment, and we care/keep
					posting.
				•	Several of the help seekers began
					asking for support from other
					members and later began writing to
					support others.
Haner and	Canada	Comparativ	232 phone	•	There was a larger proportion of
Pepler (2016)		e study:	clients		non-heterosexual participants in the
[40]		Counselling	(females		chat sample than in the phone
		Client	=169,		sample.
		Questionnai	males =53)	•	A significantly larger proportion of
		re 2 +	and 230		chatters sought help for weighty
				L	

Objective Appraisal of Risk LevelLive Chat clients (females =201, males =24)topics (suicidality and mental illness) than callers. Online chatters were significantly more likely to have spoken to someone perceived as a helping professional such as counsellors or therapists but less likely than callers to have ever had contact with a formal mental health service.Havas et al (2011) [42]The NetherlaFocus group interviewsHigh school students aged 12- 19 years (females =55, males =51)Participants made use of the internet to search for help for mental health problems. An ideal website would include information, self-tests, and anonymous help.Horgan and Sweeney (2010) [30]Ireland survey: use of including (M=922, frequency, use of search and survey: use of social networkingUniversity students aged 18- including (N=922, frequency, temales =333)In total, 30.8% of participants used the internet for mental health including includie links to self-help groups, and the website should not be for profit.Horgan and including including including including including including including including including including including including including including including including includi l				I	r	
Risk Level(females =201, males =24)Online chatters were significantly more likely to have spoken to someone perceived as a helping professional such as counsellors or therapists but less likely than callers to have ever had contact with a formal mental health struggles of Live Chat clients were more frequent and more severe than those of callers in general.Havas et al (2011) [42]The Netherla ndsFocus group interviewsHigh school students aged 12- 19 years (females =55, males =51)Participants made use of the internet to search for help for mental health problems.Horgan and (2010) [30]Ireland survey: use of search engines, use of socialOnline students aged 18- information, self-tests, and anonymous help.In total, 30.8% of participants used the internet for mental health information.Horgan and (2010) [30]Ireland survey: use of search engines, use of socialOnline saged 18- including (N=922, females including includie links to self-help groups, and the website should not be for profit.			Objective	Live Chat		topics (suicidality and mental illness)
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internet,24 years includingIt was suggested that a basic layout with access to chat rooms and a good search facility would be very important. The website should search engines, use of socialIt was suggested that a basic layout with access to chat rooms and a good search facility would be very important. The website should the website should not be for profit.	Sweeney		survey:	students		the internet for mental health
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engines, use of social=333)the website should not be for profit.			use of	=552,		important. The website should
use of social			search	males		include links to self-help groups, and
			engines,	=333)		the website should not be for profit.
networking			use of social			
			networking			

			1	
		sites, and		• In all, 20.6% of the sample reported
		information		that they would prefer internet
		on how they		interventions to face-to-face support.
		use the		
		internet to		
		search for		
		general		
		health		
		information.		
Kauer et al	Australi	Feasibility	Young	One of the benefits reported by
(2017) [39]	а	study	people	participants in the qualitative responses
			aged 18-	was the immediate increase in positive
			25 years	affect after seeking help using the tool.
			(N=51,	
			females	
			=39, males	
			=12)	
Mar et al	Canada	Qualitative	Young	Participants highlighted the
(2014) [43]		interview	people	importance of the availability of
			aged	direct support, for example, peer
			between	support, counsellors, and doctors.
			16 and 24	Chat was seen as the most effective
			years	form of communication.
			(N=23,	• It was important for users to remain
			females	anonymous while accessing a
			=22, males	service online.
			=1)	Participants used the internet as a
				tool to seek help and search for
				information related to feelings of
				depression and anxiety.
				• Users stated that online tools should
				be simple, look authentic, be easy to
				access, and be easy to navigate.
	I			

				•	Having a community was a very
					important feature for participants.
Mars et al	United	Quantitative	The	•	A greater proportion of participants
(2015) [36]	Kingdo		questionna		had accessed sites offering help,
	m		ire was		advice, or support than accessing
			sent to		sites offering information on how to
			8525		hurt or kill yourself.
			participant	•	The risk of accessing these
			s, of whom		potentially harmful sites was
			4110		considerably elevated among those
			(48.2%)		with suicidal thoughts.
			responded	•	The findings suggest that those who
			and 3946		report suicide/self-harm-related
			(46.3%)		internet use were actually more likely
			provided		to have sought professional help for
			data on		self-harm/suicidal thoughts than
			their		those without.
			suicide/self	•	Females were more likely to report
			-harm-		suicide/self-harm-related internet
			related		use than males in the study.
			internet		
			use and		
			previous		
			self-harm		
Mok et al	Australi	Online	Young	•	Suicide-related users reported
(2016) [45]	а	survey:	people		significantly higher levels of social
		Suicide	aged 18-		anxiety and lifetime suicidal ideation.
		Behaviors	24 years	•	Those who reported higher levels of
		Questionnai	(N=205,		suicidal ideation and those who
		re-Revised;	females		reported a higher likelihood of future
		Patient	=156,		suicide were more likely to use the
		Health	males =45)		internet for suicide-related reasons.
		Questionnai			

		re; Social		•	Suicide-related users are
		Interaction			significantly more likely to prefer
		Anxiety			online help-seeking sources for
		Scale;			future help-seeking intentions.
		General			
		Help-			
		Seeking			
		Questionnai			
		re;			
		Multidimensi			
		onal scale			
		of perceived			
		social			
		support;			
		suicide-			
		related			
		internet use;			
		barriers to			
		help			
		seeking			
O'Dea and	Australi	Cross-	High	•	In total, 53% of the sample had
Campbell	а	sectional	school		made use of the internet to search
(2011) [37]		survey	students		for mental health support.
			(N=85,	•	Participants believed that social
			mean age		networking sites could help with
			=14.7		mental health-related problems.
			years,		
			n=46		
			females)		
Rickwood et al	Australi	Comparativ	Young	•	Self-initiation plays a greater role in
(2015) [41]	а	e study:	people		online help seeking than for offline
		users	aged 12-		help seeking.
		accessing	25 years		
·	•	•	•		

		face-to-face	(females	•	This was evident for younger age
		Headspace	=48.7%,		groups too, with two-thirds of the
		and online	males		early adolescent age group reporting
		e-	=51.3%)		that they themselves were the main
		Headspace			influence to use e-Headspace.
				•	Friend influence appeared to be
					strongest for the youngest girls
					within the online environment, and
					then declined with age. For boys, it
					peaked online in mid-adolescence
					and then declined.
				•	The online environment is distinct
					from traditional in-person mental
					health care, and this is the
					environment that young people are
					navigating on their own from an early
					age.
Ruppel and	United	Online	University	•	Individuals who have little social
McKinley	States	survey	students		support have a limited view of what
(2015) [31]		focused on	(N=443,		resources are available to them and
		the following	females		be less likely to take advantage of
		measures:	=297,		online mental health resources when
		overall	males		necessary.
		mental	=146)	•	Participants with higher social
		health;			support see benefits to online mental
		social			health resources but do not
		support;			necessarily use these sources.
		social			
		anxiety;			
		usefulness			
		of online			
		resources;			
		previous			
<u> </u>	1	I			

Use of online mental health resourcesAustrali resourcesRandomize people aged 18- 25 yearsAn online referral tool such as Link is useful and provides a positive help- seeking experience.Spears et al (2015) [32]Australi aOnline surveyYoung people aged 12- 18 years (N=2338)• Young people in the cyberbully victim category, in particular, reported poorer mental health, lower levels of social connectedness, and greater stress, anxiety, and depression.(2015) [32]aSurvey survey• Young people aged 12- 18 years (N=2338)• Young people in the cyberbully victim category, in particular, reported poorer mental health, lower levels of social connectedness, and greater stress, anxiety, and depression.• This group was also more likely to access the internet after 11 pm; yet by contrast, they are highly unlikely to access help online, with a quarter seeking help firstly from friends.• Online help sources need closer alignment with the needs of young people.• Online help sources and to better understand why some groups of young people do not seek help online, especially, if they are online late at night when parents and friends may not be available to help.Wetterlin et al (2014) [33]Canada GumographiOnline young people aged 17-• Most participants indicated that they had used the internet to seek	r	T	г. —	1	T
(2017) [38]ad controlled trialpeople aged 18- 25 yearsuseful and provides a positive help- seeking experience.Spears et al (2015) [32]Australi aOnline surveyYoung people aged 12- 18 years (N=2338)Young people in the cyberbully victim category, in particular, reported poorer mental health, lower levels of social connectedness, and greater stress, anxiety, and depression.(2015) [32]a(N=2338)• Young was also more likely to access the internet after 11 pm; yet by contrast, they are highly unlikely to access help online, with a quarter seeking help firstly from friends.• Online by contrast, they are highly unlikely to access help online, with a quarter seeking help firstly from friends.• Online help sources aned closer alignment with the needs of young people.• More needs to be done to promote available online help sources and to better understand why some groups of young people do not seek help online, especially, if they are online late at night when parents and friends may not be available to help.Wetterlin et al (2014) [33]Canada Survey: (1)Young people• Most participants indicated that they had used the internet to seek	Sanai at al	Australi	mental health resources	Vouna	
trialaged 18- 25 yearsseeking experience.Spears et al (2015) [32]Australi aOnline surveyYoung people aged 12- 				Ū	
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Wetterlin et alCanadaOnline survey: (1)Young peopleMost participants indicated that they had used the internet to seek				18 years	levels of social connectedness, and
<ul> <li>This group was also more likely to access the internet after 11 pm; yet by contrast, they are highly unlikely to access help online, with a quarter seeking help firstly from friends.</li> <li>Online help sources need closer alignment with the needs of young people.</li> <li>More needs to be done to promote available online help sources and to better understand why some groups of young people do not seek help online, especially, if they are online late at night when parents and friends may not be available to help.</li> <li>Wetterlin et al (2014) [33]</li> <li>Canada Online Young survey: (1) people</li> <li>Most participants indicated that they had used the internet to seek</li> </ul>				(N=2338)	greater stress, anxiety, and
Wetterlin et alCanadaOnline Survey: (1)Young people• Most participants indicated that they had used the internet to seek					depression.
(2014) [33] survey: (1) people had used the internet to seek					<ul> <li>access the internet after 11 pm; yet by contrast, they are highly unlikely to access help online, with a quarter seeking help firstly from friends.</li> <li>Online help sources need closer alignment with the needs of young people.</li> <li>More needs to be done to promote available online help sources and to better understand why some groups of young people do not seek help online, especially, if they are online late at night when parents and</li> </ul>
	Wetterlin et al	Canada	Online	Young	Most participants indicated that they
demographi aged 17-	(2014) [33]		survey: (1)	people	had used the internet to seek
			demographi	aged 17-	

cs, (2)	24 years		information or help for the feelings
mental	(N=521,		they were experiencing.
health	females	•	The majority of participants (83.9%)
literacy, (3)	=399,		listed contact with an online
online and	males		professional (eg, therapist or coach)
offline use	=121)		as either somewhat important or
of mental			very important.
health		•	Professional, peer support, friend
resources,			involvement, and family involvement
(4) online			as important features of a mental
and offline			health-related website.
opinions		•	A mental health website would need
about			to have information from credible
current			and trustworthy sources, including
mental			descriptions of interventions and
health			treatments.
resources,			
and (5)			
preferences			
regarding			
potential			
components			
of a mental			
health			
website			
	mental         health         literacy, (3)         online and         offline use         offline use         of mental         health         resources,         (4) online         and offline         opinions         about         current         mental         health         resources,         and (5)         preferences         regarding         potential         components         of a mental	mental(N=521,healthfemalesliteracy, (3)=399,online andmalesoffline use=121)of mentalhealthresources,(4) onlineand offlineopinionsaboutcurrentmentalhealthresources,ahoutcurrentmentalhealthresources,and (5)preferencesregardingpotentialcomponentsof a mentalhealthhealth	mental(N=521,healthfemaless•literacy, (3)=399,•online andmaless•offline use=121)•of mental-•health-•resources,-•(4) online-•and offline-•opinions-•about-•current-•mental-•health-•resources,-•and (5)-•preferences-•regarding-•potential-•of a mental-•health-•health-•regarding-•potential-•components-•of a mental-•health-•of a mental-•health-•of a mental-•health-•of a mental-•health-•of a mental-•health-•of a mental-•health-•of a mental-•health-•health-•health-•healthhealth-<

Table 2. Findings identified in studies: How do young people seek help online?				
Author (year)	Findings related to how young people seek help online			
Best et al (2016)	•	In total, 57% of the sample used a text-based search engine to locate		
[22]		information.		
	•	Overall, 48.9% used social media to locate mental health information.		

	• Less than quarter of the sample would access through a government
	website, although they value mental health services run by trained
	professionals. However, these need to be available 24 hours a day.
Birnbaum et al	Participants with non-psychotic mood disorders (NPMD) were
(2017) [47]	primarily interested in obtaining information on how to stop
	symptoms.
	Participants with Psychotic Spectrum Disorders (PSD) were more
	commonly interested in what caused their symptoms.
	• Young people are actively reaching out over social media and other
	online resources before they access professional care.
	Young people showed an interest in obtaining help/advice from
	professionals via social media.
Burns et al (2010)	<ul> <li>Young who are highly distressed were accessing the internet after 11</li> </ul>
[48]	pm at night.
	<ul> <li>A total of 21.4% of 12-17-year-olds and 93.3% of the sample used a</li> </ul>
	search engine such as Google or Yahoo to find information rather
	than accessing a specific website.
	<ul> <li>In all, 33.9% of 18-25-year-olds reported that they had specifically</li> </ul>
	searched the internet for mental health concerns.
	• Less than half, that is, 44.4% sourced information from mental health
	websites, whereas 50.7% sourced information from other websites.
Ellis et al (2013)	Age, however, was a significant predictor for websites and church leader,
[25]	with younger males being more likely to recommend websites than older
	males.
Feng and Campbell	<ul> <li>Overall, 44% reported they had used the internet at some point in</li> </ul>
(2011) [27]	time to learn about personal feelings of anxiety, sadness, or
· · / L · · J	confusion.
	<ul> <li>Participant usage rates of online resources for the purpose of coping</li> </ul>
	with feelings were distributed as follows: (1) 42% used text-based
	search engines, (2) 26% used informational sites, (c) 22% used
	Facebook or Myspace profiles, and (4) 11% used online support
	groups and discussion boards.

Frost et al (2016)	The most popular suggestion was for "an online service with direct			
[28]	links to professionals in real time via instant messaging," which was			
	endorsed by 54.1% of the young people. Other highly endorsed			
	online sources were peer support such as online forums and chat			
	rooms (48.6%), online self-help programs (43.5%), and information			
	provided in text or fact sheets.			
	• A total of 13.8% the sample reported a desire for information online			
	that would help them to immediately talk to family, friends, or a			
	professional about their self-injurious behavior.			
	• In all, 45.7% of young people indicated a desire for advice or help and			
	support when seeking help online.			
	Many young people specifically identified a need for information about			
	self-injury, research, statistics, and fact sheets and highlighted the			
	importance of relevance and reliability of such information.			
Greidanus and	• The roles of help seeker and help provider are dynamic, meaning that			
Everall (2010) [44]	a single person may fill a role at different times throughout the			
	message boards. After posting messages seeking help, help seekers			
	wrote messages to encourage each other and a community was			
	developed that included help seekers, help providers, and trained			
	volunteers who monitored the posts.			
	• Each help seeker began the thread by posting a message expressing			
	personal distress that was often related to suicidal feelings or concern			
	that someone close to them was suicidal.			
Haner and Pepler	When young people are extremely distressed, they seem to access Live			
(2016) [40]	Chat options.			
Horgan and	1. A total of 30.8% of participants used the internet for mental health			
Sweeney (2010)	information.			
[30]	2. The main information searched for was information on depression,			
	information for course work, general information on mental health			
	problems, and information on specific problems they themselves or family			
	or friends experienced.			
L				

• A greater proportion of individuals had accessed sites offering help,
advice, or support than had accessed sites offering information on
how to hurt or kill yourself.
<ul> <li>Almost half of those with suicidal self-harm had searched for</li> </ul>
information about suicide and self-harm and 30.2% had used the
internet to discuss suicidal feeling.
<ul> <li>Many of the sample had looked for information about self-harm or</li> </ul>
suicide using a search engine or used the internet to discuss self-
harm or suicidal feelings.
Suicide/self-harm-related internet use was particularly prevalent
among those who had self-harmed with suicidal intent (70%).
The majority of the sample perceived it to be common and obvious to
google <i>depression symptoms</i> and/or <i>depression treatment</i> , and searched
for these phrases themselves.
A total of 52.4% of participants indicated that when using the internet
for mental health information-seeking purposes, they were looking for
information about symptoms and 47.4% were looking for treatment
options.
• Most (82.9%) participants were either somewhat likely or very likely to
use an information-based website with mainly text. Slightly more than
half of the participants were not at all likely or somewhat unlikely to
use online interactions such as a group online chat session led by a
psychologist (55.3%) and chat rooms/support groups/discussion
boards (56.6%).
Only 10.6% said that they had used social media (eg, Facebook and
MySpace) to obtain help with problems such as anxiety or
depression. –
• Does not appear that this sample used social networking sites when
looking for help or support for problems such as anxiety or