

# PROJECT PROFILE

## An Online Self-Help Application Platform

for MySelfHelp.com

MySelfHelp.com provides online, interactive self-help resources to the mental health self-care industry. As a start-up funded by the National Institutes of Mental Health, the company wanted to quickly develop an application platform that would support the delivery of medical information, experiential learning activities, and collaborative and community-building tools designed to improve the effectiveness of clinical therapy.

MySelfHelp.com turned to Trigent to provide expertise in critical areas such as content management, community building, user customization, and the delivery of multilingual content. Trigent created the overall solution architecture for MySelfHelp.com, evaluated and developed the content management platform, and integrated the various components of the application.

Trigent created a custom content management solution using Microsoft Active Server Page technology to accommodate the level and variety of interactivity employed in the learning exercises. The system allows MySelfHelp.com editors and therapists to easily create new interactive exercises by selecting from a variety of template choices designed to address specific cognitive approaches.

MySelfHelp.com provides each subscriber with individualized content and exercises based on his or her

responses, and allows subscribers to proceed through each module in a self-paced manner. Because MySelfHelp.com programs are designed as adjuncts to treatment, tools for subscribers also include daily and weekly user logs and journals, exercise results, and system generated charts, which patients may choose to share with their therapists to assist them in monitoring clients' progress.

mySelfHelp.com's initial online products include "Stop Binge Eating," "Defeating Depression," and "Hope for HIV and Depression." The application platform will serve as the foundation for hosting future self-care content products.

*"Trigent has provided us with the technical expertise we needed in critical areas such as content management, community building, user customization, and the delivery of multilingual content."*

Dr. Richard Bedrosian  
President, MySelfHelp.com



For more information about MySelfHelp.com, visit [www.myselfhelp.com](http://www.myselfhelp.com).