Online Table 1. PubMed search strategy

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| --- |
| 1. help seek\*
2. seek\* help
3. seek\* care
4. care seek\*
5. service seek\*
6. treatment seek\*
7. service use
8. service utilization
9. Health Care Utilization [MeSH:noexp]
10. Help Seeking Behavior [MeSH:noexp]
11. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10
12. Mental Health [MeSH:noexp]
13. mental illness
14. mental health problem
15. Mental Disorders [MeSH]
16. psychosis [tiab]
17. psychotic [tiab]
18. schizo\* [tiab]
19. depression [tiab]
20. depressive [tiab]
21. bipolar [tiab]
22. mania [tiab]
23. manic [tiab]
24. anxiety [tiab]
25. obsessi\* [tiab]
26. panic [tiab]
27. phobia [tiab]
28. anorexi\* [tiab]
29. bulimi\* [tiab]
30. borderline [tiab]
31. narcissis\* [tiab]
32. personality disorder [tiab]
33. self injur\* [tiab]
34. self harm [tiab]
35. suicid\* [tiab]
36. dementia [tiab]
37. substance abuse [tiab]
38. substance dependence [tiab]
39. 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38
40. Clinical Trial [MeSH]
41. randomized controlled trial [pt]
42. controlled clinical trial [pt]
43. randomized [tiab]
44. randomly [tiab]
45. trial [ti]
46. 40 or 41 or 42 or 43 or 44 or 45
47. 11 and 39 and 46
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Online Table 2. List of included studies

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| **Albright, G., Goldman, R., Shockley, K. M., McDevitt, F. & Akabas, S.** (2012). Using an Avatar-based simulation to train families to motivate veterans with post-deployment stress to seek help at the VA. *Games for Health Journal* **1**, 21-8.**Areán, P. A., Gum, A. M., Tang, L. & Unützer, J.** (2007). Service use and outcomes among elderly persons with low incomes being treated for depression. *Psychiatric Services* **58**, 1057-1064.**Asarnow, J. R., Baraff, L. J., Berk, M., Grob, C. S., Devich-Navarro, M., Suddath, R., Piacentini, J. C., Rotheram-Borus, M. J., Cohen, D. & Tang, L.** (2011). An emergency department intervention for linking pediatric suicidal patients to follow-up mental health treatment. *Psychiatric Services* **62**, 1303-1309.**Baer, J. S., Garrett, S. B., Beadnell, B., Wells, E. A. & Peterson, P. L.** (2007). 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B.** (2014). 12-month outcomes of community engagement versus technical assistance to implement depression collaborative care: a partnered, cluster, randomized, comparative effectiveness trial. *Annals of Internal Medicine* **161**, S23-34.**Ciffone, J.** (2007). Suicide prevention: An analysis and replication of a curriculum-based high school program. *Social Work* **52**, 41-49.**Cooper, L. A., Ghods Dinoso, B. K., Ford, D. E., Roter, D. L., Primm, A. B., Larson, S. M., Gill, J. M., Noronha, G. J., Shaya, E. K. & Wang, N. Y.** (2013). Comparative effectiveness of standard versus patient-centered collaborative care interventions for depression among African Americans in primary care settings: the BRIDGE Study. *Health Services Research* **48**, 150-174.**Costin, D. L., Mackinnon, A. J., Griffiths, K. M., Batterham, P. J., Bennett, A. J., Bennett, K. & Christensen, H.** (2009). 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A multifaceted intervention to improve mental health literacy in students of a multicampus university: a cluster randomised trial. *Social Psychiatry and Psychiatric Epidemiology* **49**, 1655-1666.**Reddy, S., Dick, A. M., Gerber, M. R. & Mitchell, K.** (2014). The effect of a yoga intervention on alcohol and drug abuse risk in veteran and civilian women with posttraumatic stress disorder. *Journal of Alternative and Complementary Medicine*  **20**, 750-756.**Reynolds, G.S., Bennett, J.B.** (2015). A cluster randomized trial of alcohol prevention in small businesses: a Cascade Model of help seeking and risk reduction. *American Journal of Health Promotion* **29**, 182-191.**Rooke, S. E., Gates, P. J., Norberg, M. M. & Copeland, J.** (2014). Applying technology to the treatment of cannabis use disorder: comparing telephone versus Internet delivery using data from two completed trials. *Journal of Substance Abuse Treatment* **46**, 78-84.**Ruble, A. E., Leon, P. 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Improving mental health treatment initiation among depressed community dwelling older adults. *American Journal of Geriatric Psychiatry* **24**, 310-319.**Solomon, P., Draine, J., Mannion, E. & Meisel, M.** (1998). Increased contact with community mental health resources as a potential benefit of family education. *Psychiatric Services* **49**, 333-339.**Stecker, T., McGovern, M. P. & Herr, B.** (2012). An intervention to increase alcohol treatment engagement: a pilot trial. *Journal of Substance Abuse Treatment* **43**, 161-167.**Stecker, T., McHugo, G., Xie, H., Whyman, K. & Jones, M.** (2014). RCT of a brief phone-based CBT intervention to improve PTSD treatment utilization by returning service members. *Psychiatric Services* **65**, 1232-1237.**Steinberg, M. L., Ziedonis, D. M., Krejci, J. A. & Brandon, T. H.** (2004). Motivational interviewing with personalized feedback: a brief intervention for motivating smokers with schizophrenia to seek treatment for tobacco dependence. *Journal of Consulting and Clinical Psychology* **72**, 723-728.**Stern, S. B., Walsh, M., Mercado, M., Levene, K., Pepler, D. J., Carr, A., Heppell, A. & Lowe, E.** (2015). When they call, will they come? A contextually responsive approach for engaging multistressed families in an urban child mental health center: A randomized clinical trial. *Research on Social Work Practice* **25**, 549-563.**Stevens, J., Klima, J., Chisolm, D. & Kelleher, K. J.** (2009). A trial of telephone services to increase adolescent utilization of health care for psychosocial problems. *The Journal of Adolescent Health* **45**, 564-570.**Strathdee, S. A., Ricketts, E. P., Huettner, S., Cornelius, L., Bishai, D., Havens, J. R., Beilenson, P., Rapp, C., Lloyd, J. J. & Latkin, C. A.** (2006). Facilitating entry into drug treatment among injection drug users referred from a needle exchange program: Results from a community-based behavioral intervention trial. *Drug and Alcohol Dependence* **83**, 225-232.**Strunk, C. M., King, K. A., Vidourek, R. A. & Sorter, M. T.** (2014). Effectiveness of the surviving the Teens suicide prevention and depression awareness program: an impact evaluation utilizing a comparison group. *Health education & behavior* **41**, 605-613.**Surratt, H. L., O'Grady, C., Kurtz, S. P., Levi-Minzi, M. A. & Chen, M.** (2014). Outcomes of a behavioral intervention to reduce HIV risk among drug-involved female sex workers. *AIDS and Behavior* 18, 726-739.**Syzdek, M. R., Addis, M. E., Green, J. D., Whorley, M. R. & Berger, J. L.** (2014). A Pilot Trial of Gender-Based Motivational Interviewing for Help-Seeking and Internalizing Symptoms in Men. *Psychology of Men & Masculinity* **15**, 90-94.**Syzdek, M. R., Green, J. D., Lindgren, B. R. & Addis, M. 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B., Sherbourne, C., Schoenbaum, M., Duan, N., Meredith, L., Unützer, J., Miranda, J., Carney, M. F. & Rubenstein, L. V.** (2000). Impact of disseminating quality improvement programs for depression in managed primary care: a randomized controlled trial. *JAMA* **283**, 212-20.**Winhusen, T., Kropp, F., Babcock, D., Hague, D., Erickson, S. J., Renz, C., Rau, L., Lewis, D., Leimberger, J. & Somoza, E.** (2008). Motivational enhancement therapy to improve treatment utilization and outcome in pregnant substance users. *Journal of Substance Abuse Treatment* **35**, 161-173.**Wu, F., Fu, L. M. & Hser, Y. H.** (2015). Effects of a recovery management intervention on Chinese heroin users' community recovery through the mediation effect of enhanced service utilization. *Journal of Public Health* **37**, 521-528. |

Online Fig. 1. Risk of bias

Online Fig.2. Effect of interventions vs. inactive controls on attitudes towards formal help-seeking at post-intervention



(D) Intervention targeted people with mental illness

(E) Intervention targeted people at risk of mental illness

(F) Intervention targeted members of the general public

Online Fig. 3. Effect of interventions vs. inactive controls on intentions to seek formal help at post-intervention



(E) Intervention targeted people at risk of mental illness

(F) Intervention targeted members of the general public

Online Fig. 4. Effect of interventions vs. inactive controls on formal help-seeking behaviours at 1-5 months post-intervention



(A) Intervention targeted family members or significant others

(C) Intervention targeted resident advisors or school teachers as gatekeepers

(D) Intervention targeted people with mental illness

(E) Intervention targeted people at risk of mental illness

(F) Intervention targeted members of the general public

Online Fig. 5. Effect of interventions vs. inactive controls on formal help-seeking behaviours at ≥ 6 months post-intervention



1. Intervention targeted family members or significant others
2. Intervention targeted primary care/community professionals

(C) Intervention targeted resident advisors or school teachers as gatekeepers

(D) Intervention targeted people with mental illness

(E) Intervention targeted people at risk of mental illness

(F) Intervention targeted members of the general public