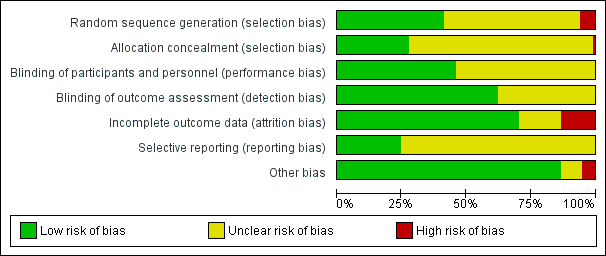
Online Table 1. PubMed search strategy

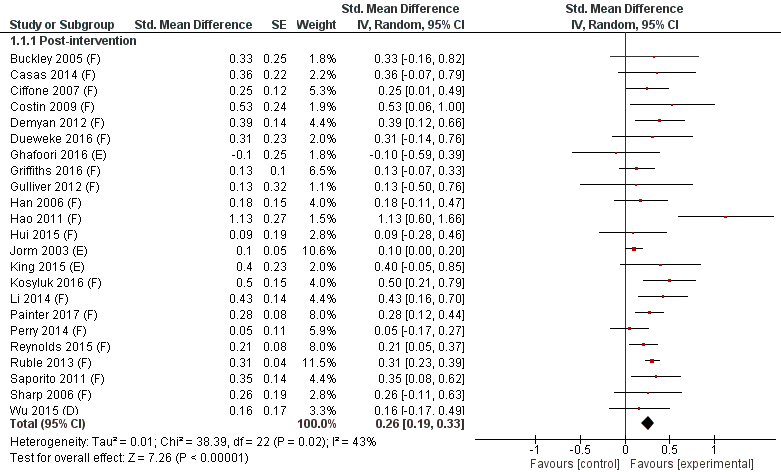
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| --- |
| 1. help seek\* 2. seek\* help 3. seek\* care 4. care seek\* 5. service seek\* 6. treatment seek\* 7. service use 8. service utilization 9. Health Care Utilization [MeSH:noexp] 10. Help Seeking Behavior [MeSH:noexp] 11. 1 or 2 or 3 or 4 or 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 |

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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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). 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E.** (2016). Pilot Trial of Gender-Based Motivational Interviewing for Increasing Mental Health Service Use in College Men. *Psychotherapy* **53**, 124-129.  **Tait, R. J., McKetin, R., Kay-Lambkin, F., Carron-Arthur, B., Bennett, A., Bennett, K., Christensen, H. & Griffiths, K. M.** (2015). Six-month outcomes of a Web-based intervention for users of amphetamine-type stimulants: randomized controlled trial. *Journal of Medical Internet Research* **29**, e105.  **Taylor-Rodgers, E. & Batterham, P. J.** (2014). Evaluation of an online psychoeducation intervention to promote mental health help seeking attitudes and intentions among young adults: randomised controlled trial. *Journal of Affective Disorders* **168**, 65-71.  **Vaiva, G., Vaiva, G., Ducrocq, F., Meyer, P., Mathieu, D., Philippe, A., Libersa, C. & Goudemand, M.** (2006). 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Online Fig. 1. Risk of bias

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

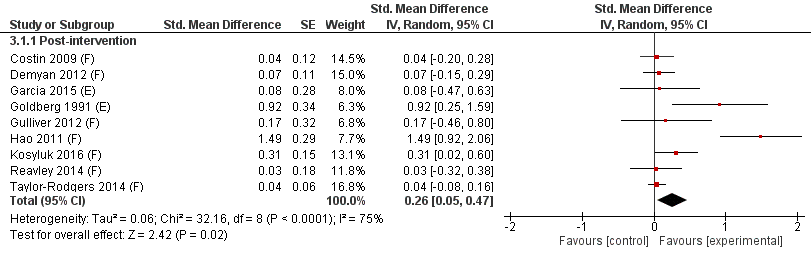


(D) Intervention targeted people with mental illness

(E) Intervention targeted people at risk of mental illness

(F) Intervention targeted members of the general public

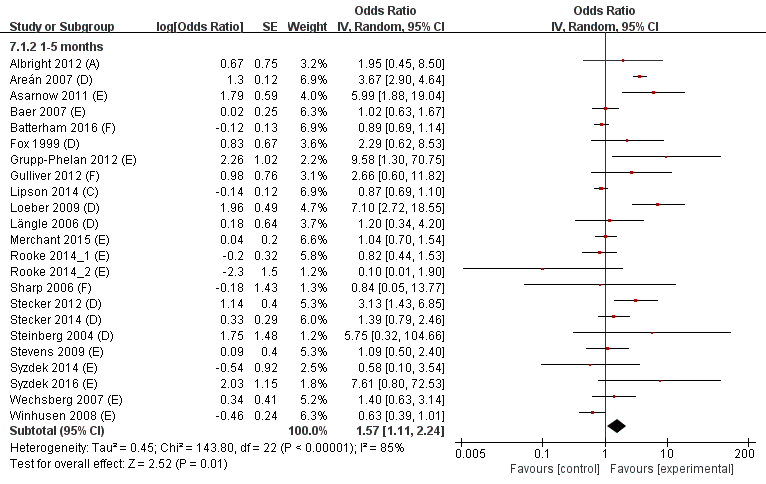
Online Fig. 3. Effect of interventions vs. inactive controls on intentions to seek formal help at post-intervention



(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

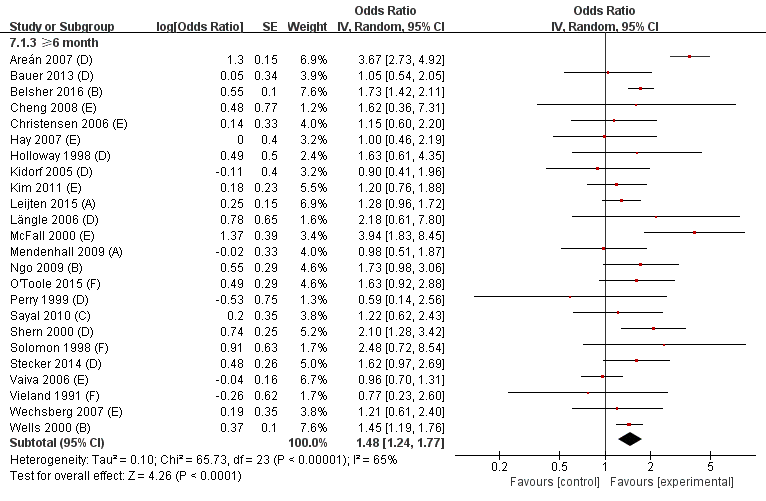
(C) Intervention targeted resident advisors or school teachers as gatekeepers

(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