

Digital Mental Health

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms, that may be self-driven or involve real time or delayed interaction with a clinician or other support person.

Digital Mental Health services and programs allow Australians to access mental health information and support at any time and from any place.

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

eMHPrac is funded by the Australian Government

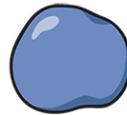


Apps



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.
beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app



niggle

Niggle

A take home, self-help toolkit for all things related to mental, social and emotional wellbeing.
<https://apps.apple.com/au/app/niggle-by-kids-helpline/id1440036153>



MoodMission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.
<http://www.moodmission.com/>



ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone or Apple Watch.
<http://itunes.apple.com/app/apple-store/id985891649?mt=8>



Ray's Night Out

An app to help youth (16-25yrs) increase their awareness of their drinking limits and promote safer drinking practices.
<https://itunes.com/au/app/rays-night-out/id978589597?mt=8>



eMHprac

E-MENTAL HEALTH IN PRACTICE

A Brief Guide: Digital Mental Health Resources for Young People



Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources. headtohealth.gov.au

Crisis Support



Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs). kidshelpline.com.au
1800 55 1800 (Phone: 24hrs)



1800RESPECT

Telephone and online counselling service to assist people experiencing sexual, domestic and family violence. 1800 737 732 (24/7) 1800respect.org.au



Youth Beyond Blue

Information, online and phone counselling for young people (12-25yrs) 1300 224 636 youthbeyondblue.com

Counselling Support



Butterfly
Foundation for Eating Disorders

Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders. 1800 334 673 thebutterflyfoundation.org.au

CanTeen

Phone, online and email counselling and forums to help young people (12-24yrs) cope with cancer. canteen.org.au
1800 835 932 support@canteen.org.au



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues. headspace.org.au
1800 650 890



QLife

Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI). 1800 184 527 qlife.org.au

Useful Programs & Websites



BITE BACK

Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs). biteback.org.au



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people. Includes child (3-7 and 8-12), teen (12-17), and parent components. <http://brave4you.psy.uq.edu.au>



The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students. thedesk.org.au



MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety. moodgm.anu.edu.au



Livewire

Online community to help young people (12-20yrs) cope with serious/chronic illnesses or conditions. <https://livewire.org.au/>



This Way Up TeenSTRONG

Online course (low cost) for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription from a clinician. thiswayup.org.au



MindSpot

'Mood Mechanic Course' - An online program for stress, worry, anxiety and depression in people aged 18-25. mindspot.org.au



Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine. itunes.apple.com/au/app/re-chargesleep-well-be-well/id878026126?mt=8



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults. smilingmind.com.au/



ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps. reachout.com



BeyondNow

An app and online tool that involves creating a safety plan the users can work through when experiencing suicidal thoughts. beyondblue.org.au/get-support/beyondnow-suicide-safety-planning