

## 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

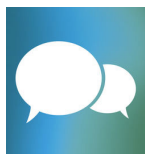


## Apps



### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.  
[au.recharge.com/tools-and-apps/recharge](http://au.recharge.com/tools-and-apps/recharge)



### 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](http://beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app)



### Niggle

A self-help toolkit for all things related to mental, social and emotional wellbeing.  
[kidshelpline.com.au/niggle](http://kidshelpline.com.au/niggle)



### 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.  
[moodmission.com/](http://moodmission.com/)



### Ray's Night Out

An app to help youth (16-25yrs) increase their awareness of their drinking limits and promote safer drinking practices.  
[apps.apple.com/au/app/rays-night-out/id978589497](http://apps.apple.com/au/app/rays-night-out/id978589497)



### Breakup ShakeUp

A behavioural activation app that provides fun, easy activities to do to help young people (14-25yrs) cope after a breakup.  
[au.reachout.com/tools-and-apps/break-up-shakeup](http://au.reachout.com/tools-and-apps/break-up-shakeup)



# 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](http://headtohealth.gov.au)

## Crisis Support



#### Kids Helpline

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



#### Lifeline

24/7 phone counselling, and online crisis support chat available each evening. [lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help) 13 11 14 (24 hrs)



#### 1800RESPECT

Phone & online counselling for people seeking help for themselves or someone else in domestic violence situations. [1800respect.org.au](http://1800respect.org.au) 1800 737 732 (24 hrs)

## Counselling Support



#### Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders. 1800 334 673 [butterfly.org.au/](http://butterfly.org.au/)



#### CanTeen

Phone/email/online chat and forums to help young people (12-24yrs) with a range of issues. 1800 835 932 [support@canteen.org.au](mailto:support@canteen.org.au)



#### ehedspace

Phone/email/online chat for young people (12-25yrs) with a range of issues. [headspace.org.au](http://headspace.org.au) 1800 650 890



#### QLife

Online chat and phone counselling for LGBTI people. 1800 184 527 [qlife.org.au](http://qlife.org.au)

## Useful Programs & Websites



#### 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](http://reachout.com)



Bite Back

#### BITE BACK

Online activities, info and positive wellbeing and resilience in young people (12-25yrs). [biteback.org.au/](http://biteback.org.au/)



#### The BRAVE Program

Prevention and treatment of anxiety in young people. Includes child (3-7 & 8-12yrs), teen (12-17yrs), and parent components. [brave4you.psy.uq.edu.au](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](http://thedesk.org.au)



#### CanTeen Connect

An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community. [www.canteenconnect.org/](http://www.canteenconnect.org/)



#### This Way Up

'Teen Mental Health Course'  
Free online course for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription for a clinician. [thiswayup.org.au](http://thiswayup.org.au)



#### MindSpot

'Mood Mechanic Course'  
An online program for stress, worry, anxiety and depression in people aged 18-25. [mindspot.org.au](http://mindspot.org.au)



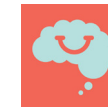
#### Centre for Clinical Interventions

Self-help workbooks and modules for a range of mental health issues. <http://www.cci.health.wa.gov.au/resources/consumers.cfm>



#### MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety. [www.moodgym.com.au/](http://www.moodgym.com.au/)



#### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults. [smilingmind.com.au/](http://smilingmind.com.au/)



#### OCD? Not Me!

Online program including information, practical skills and support for young people (12-18yrs) with OCD. [ocdnotme.com.au](http://ocdnotme.com.au)



#### Livewire

Online community to help young people (12-20yrs) living with illness or disability. <http://livewire.org.au>



#### ReachOut Next Step

An online tool designed to make help seeking easier for young people (18-25yrs), by recommending relevant support options based on their symptoms. [au.reachout.com/#nextstep](http://au.reachout.com/#nextstep)