

Digital Mental Health

Many people with mental health problems can find online interventions helpful. Some programs can be as effective as face-to-face treatment, particularly if there is additional practitioner support (Griffith et al., 2010; Andersson & Hedman, 2013; Andrews et al., 2010; Andersson et al., 2014).

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

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.

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Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.
<http://www.moodmission.com/>



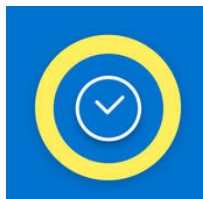
HeadGear

An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge. Available on both Google Play and the App Store.
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear>



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.
<https://www.smilingmind.com.au/smiling-mind-app>



ReachOut WorryTime App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone.
<https://au.reachout.com/tools-and-apps/reachout-worrytime>



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.
<https://www.hellosundaymorning.org/daybreak>

eMHprac
E-MENTAL HEALTH IN PRACTICE

A Brief Guide:
Digital Mental Health Resources



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

Lifeline

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

Suicide Call Back Service

National 24/7 professional telephone and online counselling for anyone affected by suicide. suicidecallbackservice.org.au
1300 659 467 (24hrs)

Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time. beyondblue.org.au/get-support/get-immediate-support
1300 224 636 (24hrs)

1800RESPECT

Phone & online counselling for people seeking help for themselves or someone else in domestic, family or sexual violence situations. 1800respect.org.au
1800 737 732 (24 hrs)

Yarning SafeNStrong

National 24/7 helpline for Aboriginal and Torres Strait Islanders. <https://www.vahs.org.au/yarning-safenstrong/>
1800 959 563

Information Sites

SANE Australia

Information on mental health disorders and treatment, and moderated forums providing peer-to-peer support. www.sane.org



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>



WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people. <https://wellmob.org.au/>

Online Programs



The MindSpot Clinic

Free courses for Australian adults who are experiencing difficulties with anxiety, stress, and depression. Optional therapist support available. mindspot.org.au



THIS WAY UP

Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available. thiswayup.org.au



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options. mentalhealthonline.org.au



MoodGYM

Teaches skills from CBT to help prevent and manage symptoms of depression and anxiety. moodgym.anu.edu.au



MyCompass

An online, interactive, self-help CBT service for people suffering from depression, anxiety and stress. mycompass.org.au/



eCouch

Interactive, self-help programs for depression, anxiety, worry, social anxiety, relationship breakdown, loss and grief. <https://ecouch.anu.edu.au/welcome>

Sites for Specific Issues



Mensline Australia

Advice, therapy and support for men with family and relationship concerns. 1300 78 99 78
<http://www.mensline.org.au/>



Blue Knot Foundation

Short term telephone and email counselling, information and resources for survivors of childhood trauma, their families and professionals. blueknot.org.au



Butterfly Foundation

Information, web counselling, email/phone support and referrals for people concerned about eating disorders. thebutterflyfoundation.org.au
1800 33 4673 (8am-12am)



Open Arms

24hr telephone crisis support and mental health information for Australian veterans and their families. <https://www.openarms.gov.au/>
1800 011 046



Counselling Online

Text-based or phone counselling 24/7 for people concerned about their own or another's drug or alcohol use. counsellingonline.org.au
1800 888 236



ParentWorks

Online, evidence-based parenting program for Australian parents and caregivers. <http://www.parentworks.org.au/#/>



QLife

Online chat and phone counselling for the LGBTIQA+ community. qlife.org.au
1800 184 527 (5:30pm-10:30pm)



MumSpace

Apps, PND treatment and information supporting emotional wellbeing of new parents. mumspace.com.au