

## Digital Mental Health

Digital Mental Health (e-mental health) comprises services, programs or applications, delivered via online, mobile or phone based platforms. These may be self-guided or involve 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



### Stay Strong (for tablets)

A strengths-based therapist-guided app for indigenous clients with wellbeing concerns, chronic disease, or substance misuse problems.

[www.menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App/](http://www.menzies.edu.au/page/Resources/Stay_Strong_iPad_App/)



### iBobbly

Wellebing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

<https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app>



### Kurdiji (Android only)

An app created by Australian Indigenous Elders designed to save young Indigenous lives.

<http://www.kurdijiapp.wordpress.com/>



### AODconnect

An app that provides a national directory of alcohol and other drug treatment services for Aboriginal and Torres Strait Islander people.

[www.adin.com.au/review/aodconnect](http://www.adin.com.au/review/aodconnect)



### Deadly Tots

Provides an interactive Aboriginal and Torres Strait Islander infant and child health promotion tool.

[deadlytots.com.au/Page/deadlytotsapp](http://deadlytots.com.au/Page/deadlytotsapp)

**eMHprac**  
E-MENTAL HEALTH IN PRACTICE

A Brief Guide:  
Digital Mental Health Resources  
for Aboriginal and Torres  
Strait Islanders

## 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



#### Lifeline

Online crisis support chat with a trained crisis supporter available every night. 13 11 14 (24hrs) [lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help)



**kidshelpline**  
Anytime | Any Reason

#### 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)



#### Suicide Call Back Service

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



NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

#### Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time. [beyondblue.org.au/get-support/get-immediate-support](http://beyondblue.org.au/get-support/get-immediate-support) 1800 224 636 (24hrs)



#### Mensline Australia

Advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling. <http://mensline.or.au/> 1300 78 99 78 (24hrs)

## Resources for Service Providers



#### HealthInfoNet

'Social and emotional wellbeing' 'Healing' - An online source of knowledge and information about Aboriginal and Torres Strait Islander health. [healthinfolnet.ecu.edu.au](http://healthinfolnet.ecu.edu.au)



#### Australian Indigenous AOD Knowledge Centre

Providing online evidence based practice in Aboriginal and Torres Strait Islander drug and alcohol. [www.aodknowledgecentre.net.au/](http://www.aodknowledgecentre.net.au/)



#### The Royal Australian and New Zealand College of Psychiatrists

Provides e-learning resources for Aboriginal and Torres Strait Islander mental health professionals. [www.ranzcp.org/practice-education/indigenous-mental-health/aboriginal-torres-strait-islander-mental-health](http://www.ranzcp.org/practice-education/indigenous-mental-health/aboriginal-torres-strait-islander-mental-health)

## Useful Programs and Websites



#### MindSpot

'Indigenous wellbeing course' - Online program combining practical skills and Aboriginal and Torres Strait Islander real-life stories to manage depression, anxiety, worry, and stress. Offered online or sent as a workbook. Includes phone or online assessment, feedback and therapist support. [mindspot.org.au/indigenous-wellbeing-course](http://mindspot.org.au/indigenous-wellbeing-course)



#### Beyond Blue

Online space for discussion and support from peers. [www.beyondblue.org.au](http://www.beyondblue.org.au)



#### headspace Yarn Safe

Provides online mental health education information for Aboriginal and Torres Strait Islander young people (12-25yrs). Also features video stories, factsheets and campaign resources. [headspace.org.au/yarn-safe/](http://headspace.org.au/yarn-safe/)



#### Hitnet

An online information kiosk for marginalised communities. [www.hitnet.com.au](http://www.hitnet.com.au)



#### iTalk Studios

A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of traditional Aboriginal language. [www.italkstudios.com.au/](http://www.italkstudios.com.au/)



#### Positive Choices

Provides online resources, sharing stories and health promotion of the effects of drugs. Designed in collaboration with Aboriginal and Torres Strait Islander communities. [positivechoices.org.au/Indigenous](http://positivechoices.org.au/Indigenous)



**Proppa Deadly**  
Taking action against anxiety and depression

#### Proppa Deadly

A compilation of audio stories of Aboriginal and Torres Strait Islander men and women sharing their experience of anxiety and depression. [bimaprojects.org.au/our-work/proppa-deadly/](http://bimaprojects.org.au/our-work/proppa-deadly/)



**Ngaanyatjarra  
Pitjantjatjara  
Yankunytjatjara  
Women's Council**

#### NPY Women's Council Aboriginal Corporation

(Traditional healer) Resources. An online library of Aboriginal animated videos and mental health education resources. [www.npywc.org.au](http://www.npywc.org.au)