

# Digital Mental Health Resources for Adolescents (12-17yrs)


Digital mental health resources are online programs, tools, apps, phone lines and video services that deliver mental health support. They can be used alone or with support from your doctor or therapist.

These resources are free or low cost, and easy to access at a time that suits you, with your phone or the internet. Some services even allow you to remain anonymous.

Your doctor, psychologist, or guidance counsellor can help you work out if you might need more support with your mental health.

For other relevant resources see Medicare Mental Health or WellMob.

## Medicare Mental Health

 **Mental Health** Connecting all Australians to mental health support.

## WellMob



Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

*This brief guide provides a list of digital mental health resources suitable for adolescents. This list is not exhaustive and represents only Australian products. For other relevant resources see Medicare Mental Health.*

*This guide is for general information purposes only and is not a substitute for professional mental health advice. For more information on mental health assessment or treatment, visit your GP or other mental health professional.*

*This brochure is not to be used for commercial purposes.*

## Counselling

Support to work through a problem.



### Beyond Blue

☎ 1300 22 4636 (24/7)

Information, phone and webchat counselling, and peer support forums for people going through a tough time.



### Quitline

☎ 13 78 48

Phone support and coaching to help people to quit smoking or vaping with optional 'call back'.

## Information

Learn more about what is going on and what getting better looks like.



### headspace

Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.

## Crisis Counselling

Support to work through service distress or crisis.

**If you are in immediate danger please call "000" or go to an emergency department.**



### Kids Helpline

☎ 1800 55 1800 (24/7)

Online and phone counselling and information service for young people (5-25yrs).



### Lifeline

☎ 13 11 14 (24/7)

Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.



### Suicide Call Back Service

☎ 1300 659 467 (24/7)

Online, telephone and video counselling for people (15yrs+) in Australia who are feeling suicidal or affected by suicide.



### 13YARN

☎ 13 92 76 (24/7)

Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.




### 1800RESPECT



☎ 1800 737 732 (24/7)


Phone, video, SMS and webchat counselling for anyone who has experienced or is at risk of experiencing domestic, family, or sexual violence.


## Psychological Treatment


A structured, interactive program or service that helps with a particular mental health concern.


+  Guided support available


**MOST**    
An on-demand digital service to help young people (12-25yrs) going through a tough time. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.


**THIS WAY UP**  **\$59 OR FREE WITH REFERRAL**  
*Teen Worry and Sadness Program*  
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for teens (12-17yrs) with various mental health concerns.


**The Brave Program**   
Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.

**Momentum**   
Tailored self-guided online treatment programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration required for young people under 16.

**OCD? Not Me!**   
An eight-week self-guided online treatment program for young people (12-18yrs) with OCD.


**Butterfly Foundation**   
Information, self-assessment, online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.


**eCouch**   
Online self-directed programs to help manage depression, worry, social anxiety, or wellbeing through separation/divorce or grief and loss (16yrs+).


**moodgym**   
An interactive, self-guided program for the prevention and management of symptoms of anxiety and depression.


## Peer Support

Connect with other who have been in the same position.

**QLife**   
☎ 1800 184 527 (3pm-12am)  
Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQA+ community.

**ReachOut**   
Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.


**My Circle**   
A safe, confidential peer support platform for young people (12-25yrs) with mental health, relationship and substance use issues to connect and learn from each other.


**CanTeen Connect**   
App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.


## Symptom Management and Wellbeing Tools


Tools to help cope with mental health symptoms or improve mental wellbeing.


**BITE BACK**   
Six self-guided, weekly mental fitness challenges for young Australians (13-16yrs), to reduce stress and improve focus, friendships and emotional wellbeing.


**Breakup Shakeup**   
App supporting adolescents and young adults to cope after a breakup.


**Mello**   
An app to help young people (16-25yrs) break free of "stuck thinking" such as worry or rumination.


**Sleep Ninja**   
An app to help young people (12-16yrs) improve their sleep quality.

**MoodMission**  **\$7.99**  
An app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.

**Beyond Now**   
App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.


**Smiling Mind**   
Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.


**Stress Less Tips**   
Tips to help support mental health and wellbeing by decreasing stress.

**What's OK at Home (WOAH)**   
A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.

## Screening and Referral

Check your symptoms and find further help.

**Inside Out Institute for Eating Disorders**   
Online self-assessment, information, and referral to face-to-face services for eating disorders.

**Alcohol and Drug Foundation 'Path2Help'**   
Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.