

Digital Mental Health for Depression

WHAT IS DEPRESSION?

Depression is more than just a passing bad mood or occasionally being 'down in the dumps'. It is normal for our mood to fluctuate and be affected by a range of factors (e.g. stress, illness, hormones, interpersonal issues, etc). However, sometimes these low moods can last for long periods of time, be difficult to shift, and be accompanied by a number of other symptoms that make it hard to function day to day. When these symptoms have a significant impact on someone's daily functioning, they may be suffering from a depressive disorder.

WHAT ARE THE SYMPTOMS OF DEPRESSION?

Depression can manifest in many different ways, but there are some common signs and symptoms:

Physical

- Disturbed sleep (unable to sleep, or sleeping too much and not feeling refreshed)
- Change in appetite (increase in or loss of appetite)
- Significant weight loss or gain
- Lack of energy (or alternatively, a sense of being constantly restless and fidgety)
- Frequently sick and run down

Psychological

- Persistent low mood
- Losing interest in previously enjoyed activities
- Difficulty concentrating
- Negative thoughts
- Strong feelings or guilt and worthlessness
- Suicidal thoughts

Behavioural

- Withdrawing from social and leisure activities
- Not getting things done at home and work
- Neglecting self-care and hygiene

Digital mental health resources are best suited for people with low-to-moderate symptoms. If your symptoms are severe or you experience suicidal thoughts, it is best to seek help with a qualified professionals. Visit your GP for a referral.

FOR MORE INFORMATION ON DEPRESSION VISIT:



Beyond Blue Information on a range of mental health issues. www.beyondblue.org.au/



Black Dog Institute

Get information on anxiety, depression, bipolar disorder, suicide, PTSD, and wellness. www.blackdoginstitute.org.au/

emhprac@qut.edu.au



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DIGITAL SERVICES FOR DEPRESSION

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



Suicide Call Back

ervice

Phone and Online Counselling

Lifeline

24/7 phone counselling, and online crisis support chat available each evening. 13 11 14

Suicide Call Back Service

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

Beyond



MensLine

Australia

Telephone (24/7), online and email counselling. 1300 22 4636

Beyond Blue Support Service

Kids Helpline Phone and real time online crisis support. http://www.kidshelpline.com.au/

Mensline Australia

1800 55 1800

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



Apps HeadGear

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

Mood Mission

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/

Smiling Mind

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

Moderated Forums

Bevond Blue Online Forums

Safe, supportive, online peer support forums for a range of mental health issues and demographics http://www.beyondblue.org.au/get-support/ online-forums

Self-Guided Programs

clinician, either free or low cost.

build good mental health.

for depression and anxiety.

Mental Health Online

http://www.moodgym.com.au

http://www.mycompass.org.au

http://www.thiswayup.org.au/how-we-can-help/

A free, online interactive self-help CBT service

for people with mild to moderate depression,

anxiety and stress, or people who simply want to

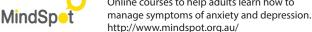
Free online cognitive behaviour therapy program

THIS WAY UP

mvCompass

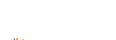
MoodGYM

MindSpot Clinic Online courses to help adults learn how to



A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses THIS WAY UP 1 can be done as self-help or guided by your own

myCompass











self-guided or therapist support options. http://www.mentalhealthonline.org.au Centre for Clinical Interventions Free downloadable self-help workbooks and modules for a range of mental health and

Free online programs for a range of issues, with

wellbeing issues. http://www.cci.health.wa.gov.au/resources/ looking-after-yourself

Young People

Bite Back

Online activities, info and positive wellbeing and resilience in young people (12-25yrs). https://www.brave-online.com

Niggle



REACH

OUT.com

Black Dog

Institute

Bite

An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health. http://www.kidshelpline.com.au/niggle

Breakup Shakeup

A behavioural activation app that provides fun, easy activities that help young people (14-25yrs) cope after a breakup.

https://apps/breakup-shakeup/id1017200579

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



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