

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 of 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 professional. 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/

Digital Mental Health for Depression

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

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 Blue Support Service

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



Kids Helpline

Phone and real time online crisis support.
<http://www.kidshelpline.com.au/>
1800 55 1800



Mensline Australia

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



Beyond 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



MindSpot Clinic

Online courses to help adults learn how to manage symptoms of anxiety and depression.
<http://www.mindspot.org.au/>



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician, either free or low cost.
<http://www.thiswayup.org.au/how-we-can-help/>



myCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress, or people who simply want to build good mental health.
<http://www.mycompass.org.au>



MoodGYM

Free online cognitive behaviour therapy program for depression and anxiety.
<http://www.moodgym.com.au>



Mental Health Online

Free online programs for a range of issues, with 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 wellbeing issues.
<http://www.cci.health.wa.gov.au/resources/looking-after-yourself>

Young People



Bite Back

Bite Back

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



Niggle

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