

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.

Scan to download a free
PDF version from the
eMHPrac Website



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



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



Black Dog Institute
Get information on anxiety, depression, bipolar disorder, suicide, PTSD, and wellness.
<https://www.blackdoginstitute.org.au/>

Digital Mental Health for Depression

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

National Mental Health Website



Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
<https://www.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.
<https://www.suicidecallbackservice.org.au/>
1300 659 467



Beyond Blue Support Service

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



Kids Helpline

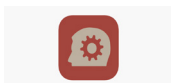
Phone and real time online crisis support.
<http://www.kidshelpline.com.au/>
1800 55 1800



Mensline Australia

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

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.
<https://www.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

Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted options available.
<http://www.thiswayup.org.au/programs/>



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

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.apple.com/au/app/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.
<https://au.reachout.com>