

Digital Mental Health for Anxiety

WHAT IS ANXIETY?

Anxiety is part of our body's inbuilt safety system that has evolved to keep us protected from danger. When a threat is detected, this system releases a cascade of hormones, priming our body to immediately fight or flee the threat (also known as the 'fight or flight' response) - great if the threat is a hungry wild animal (or oncoming car)! However, sometimes we can get overly anxious and worried about perceived threats (i.e. things that may or may not happen), and this can start to interfere in our daily lives. When anxiety starts to significantly impact on someone's day-to-day life, they may have an anxiety disorder.

Scan to download a free
PDF version from the
eMHPrac Website



WHAT ARE THE SYMPTOMS OF ANXIETY?

Physical

- Racing heart
- Shortness of breath
- Sweating or clammy skin
- Tightness or tension in the chest or other muscles
- Nausea or a sensation of 'butterflies' in the stomach

Psychological

- Racing thoughts
- Excessive fear, worry or catastrophising
- Obsessive thinking
- A feeling of dread or impending doom

Behavioural

- Avoidance of anxiety triggers (e.g. social situations, certain locations or certain activities)
- 'Safety behaviours' in situations you can't avoid (e.g. avoiding eye contact, excessively checking doors are locked)

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

FOR MORE INFORMATION ON ANXIETY VISIT:



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



ReachOut (for young people)
Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.
reachout.com



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

Digital Mental Health for Anxiety

DIGITAL SERVICES FOR ANXIETY

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



Kids Helpline (for young people)

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



Beyond Blue Support Service

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



OCD & Anxiety Helpline

A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.
<http://www.arcvic.org.au/our-services/helpline>
1300 269 438

Apps

HeadGear

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

Reachout WorryTime

An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.
<https://au.reachout.com/tools-and-apps/reachout-worrytime>

Mood Mission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.
<http://www.moodmission.com/>

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>

Sane Australia

Moderated forums providing peer-to-peer support.
<http://www.sane.org/>

Online Programs



MindSpot Clinic

Clinician led online courses to help adults learn how to manage symptoms of anxiety.
<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 option available.
<http://www.thiswayup.org.au/programs/>

Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.
<http://www.mentalhealthonline.org.au>

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>

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

The Brave Program

Prevention, intervention, and treatment of anxiety in young people.
<https://www.brave-online.com/>

OCD? Not Me!

Online treatment program for young people with OCD.
<http://www.ocdnotme.com.au>

Cool Little Kids Online

A program for parents of shy or anxious children (93-6yrs) that helps to build parents' knowledge and practical skills to help increase their child's confidence.
<https://coollittlekids.org.au>

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>