

Apps



ReachOut WorryTime

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone.
<https://au.reachout.com/tools-and-apps/reachout-worrytime>



Your Crew

An app that allows young people to ask for help when they need it most from people they know and trust.
harrisonriedelfoundation.com/how-we-keep-young-people-safe/app-landing-page



Niggle

A self-help toolkit for all things related to mental, social and emotional wellbeing.
kidshelpline.com.au/niggle



MoodMission

A low-cost app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.
moodmission.com/



Beyond Now

A safety plan that the users can work through when they're experiencing suicidal thoughts, feelings, distress or crisis. Designed to be used as part of an overall mental well-being and safety strategy.
<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>



Breakup Shakeup

A behavioural activation app that provides fun, easy activities to do to help young people (14-25yrs) cope after a breakup.
au.reachout.com/tools-and-apps/break-up-shakeup

Digital Mental Health

Many people with mental health problems can find online interventions helpful. Some programs can be as effective as face-to-face treatment, particularly if there is additional practitioner support (Griffith et al., 2010; Andersson & Hedman, 2013; Andrews et al., 2010; Andersson et al., 2014).

Digital Mental Health (e-mental health) is services, programs, or applications, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

Scan to download a free PDF version from the eMHPrac Website



eMHPrac is funded by the Australian Government



eMHPrac

E-MENTAL HEALTH IN PRACTICE

A Brief Guide: Digital Mental Health Resources for Young People



National Mental Health Website

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources. headtohealth.gov.au

Indigenous Resource Hub



WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people. wellmob.org.au/

Crisis Support



Kids Helpline

24/7 online, phone and email counselling, information and forums for young people aged 5 to 25. kidshelpline.com.au
1800 55 1800 (24hrs)

1800RESPECT

24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence. 1800respect.org.au
1800 737 732 (24 hrs)



Counselling Support



Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders. butterfly.org.au/
1800 334 673

Autism Connect

National helpline and resources for neurodiverse people, their family and supporters. <https://www.amaze.org.au/autismconnect/>
1300 308 699



headspace

Resources, information and expert online and phone support for young people and their families. headspace.org.au



QLife

Online chat and phone peer support and referral for LGBTIQ+ people. qlife.org.au
1800 184 527

Useful Programs & Websites



ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps and online referral tool. reachout.com



This Way Up

Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available. thiswayup.org.au



MindSpot

'Mood Mechanic Course'
An online program for stress, worry, anxiety and depression in people aged 18-25. mindspot.org.au



The BRAVE Program

Online program to help children and teens (3-17yrs) to overcome anxiety. Comprised of both youth and parent components. brave4you.psy.uq.edu.au



MOST

An online mental health support platform for young people aged 12-25. Available in VIC, NSW, QLD and ACT at this stage. Required referral by participating headspace centres or state health services. <https://www.most.org.au/>



Bite Back

BITE BACK

Online wellbeing and resilience program for young people aged 13-16yrs. biteback.org.au/



Student Wellbeing Hub

Resources for students on issues like dealing with bullying, cyber safety and relationships. <https://studentwellbeinghub.edu.au/students/>



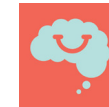
Centre for Clinical Interventions

Self-help workbooks and modules for a range of mental health issues. <http://www.cci.health.wa.gov.au/resources/consumers.cfm>



MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety. www.moodgym.com.au/



Smiling Mind

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



OCD? Not Me!

Online treatment program for young people (12-18yrs) with OCD. ocdnotme.com.au



Livewire

Online community to help young people (12-20yrs) living with illness or disability. <https://livewire.org.au>



Drug Aware

Credible information on drugs and alcohol to help people make informed decisions. <https://drugaware.com.au/>



What's Okay At Home

Online info, stories and advice for people aged 10-17 to help work out what's okay in a family and what's not. <https://woah.org.au/>