

## 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:

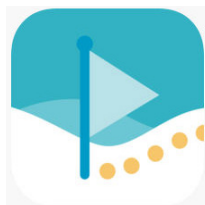
The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before 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.

eMHPrac is funded by the Australian Government



For more information visit [emhprac.org.au](http://emhprac.org.au)

## Apps



### BeyondNow

An app and online version that involves creating a safety plan that users can work through when experiencing suicidal thoughts.

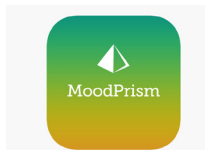
[beyondblue.org.au/get-support/beyondnow-suicide-safety-planning](http://beyondblue.org.au/get-support/beyondnow-suicide-safety-planning)



### ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone or Apple Watch.

<http://itunes.apple.com/app/apple-store/id985891649?mt=8>



### MoodPrism

An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health.

<http://www.moodprismapp.com/>



### MoodMission

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/>



### Snapshot

An app designed for Australian adults to help monitor and manage their depression or anxiety directly.

[www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot](http://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot)

# eMHprac

E-MENTAL HEALTH IN PRACTICE

## A Brief Guide to Digital Mental Health Programs and Resources

## 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](http://headtohealth.gov.au)

## Crisis Support



#### Lifeline

Online crisis support chat with a trained crisis supporter available every night. 13 11 14 (24 hrs) [lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help)



#### Kids Helpline

Phone and real time web-based crisis support for youth (50-25yrs). [kidshelpline.com.au](http://kidshelpline.com.au) 1800 55 1800 (24 hrs)



#### Suicide Call Back Service

National 24/7 professional telephone & online counselling for anyone affected by suicide. [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au) 1300 659 467 (24 hrs)



#### Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time. [beyondblue.org.au/get-support/get-immediate-support](http://beyondblue.org.au/get-support/get-immediate-support) 1800 224 636 (24 hrs)

## Information & Online Resources



#### BITE BACK

Promotes wellbeing and resilience in young people (12-18 yrs) through psycho-education and related approaches. [biteback.org.au](http://biteback.org.au)



#### Reach Out

Practical tools and support to help young people (14-25yrs) through everything from everyday issues to tough times. [reachout.com](http://reachout.com)



#### SANE Australia

Information on mental health disorders and treatment, and moderated forums providing peer-to-peer support. [www.sane.org](http://www.sane.org)

## Self Help Programs



#### The Brave Program

Prevention, intervention and treatment of anxiety in young people. Includes child (8-12), teen (12-17) and parent components. [brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)



#### MoodGYM

Teaches skills from CBT to help prevent & manage symptoms of depression. Also useful for anxiety. [moodgym.anu.edu.au](http://moodgym.anu.edu.au)



#### MyCompass

myCompass offers an online interactive self-help CBT service for people suffering from depression, anxiety and stress. [mycompass.org.au/](http://mycompass.org.au/)

## Therapist Assisted Programs



#### The MindSpot Clinic

Offers free courses for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. [mindspot.org.au](http://mindspot.org.au)



#### THIS WAY UP

Courses for depression, anxiety, OCD and PTSD. Instructions available for referring therapist to provide support. [thiswayup.org.au](http://thiswayup.org.au)



#### Mental Health Online

Information, automated assessment (optional), treatment programs, and the Made-4-me program. [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

## Sites for Specific Areas



#### 1800RESPECT

Phone & online counselling for people seeking help for themselves or someone else in domestic violence situations. [1800respect.org.au](http://1800respect.org.au) 1800 737 732 (24 hrs)



#### Blue Knot Foundation

Short term telephone and email counselling, info and resources for survivors of childhood trauma, families and professionals. [blueknot.org.au](http://blueknot.org.au)



#### Butterfly Foundation

Information, web counselling, email/phone support & referrals for people concerned about eating disorders. [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au) 1800 33 4673 (8am - 12am)



#### CanTeen

Online 'chat' or email/phone counselling & forums for people (12-24yrs) living with the impact of cancer. [canteen.org.au](http://canteen.org.au) 1800 855 932



#### Counselling Online

Text-based or phone counselling 24/7 for people concerned about their own or another's drug or alcohol use. [counsellingonline.org.au](http://counsellingonline.org.au) 1800 888 236



#### headspace

Online chat, email or phone support for young people (12-24yrs) with a range of issues. [headspace.org.au](http://headspace.org.au)



#### QLife

Online 'chat' or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people. [qlife.org.au](http://qlife.org.au) 1800 184 527 (5:30pm - 10:30pm)



#### MumSpace

Apps, PND treatment and information supporting emotional wellbeing of new mums. [mumspace.com.au](http://mumspace.com.au)