Digital Mental Health

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms, that may be self-driven or involve real time or delayed interaction with a clinician or other support person.

Digital Mental Health services and programs allow Australians to access mental health information and support at any time and from any place.

**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

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**Apps**

**BeyondNow**
An app and online version that involves creating a safety plan the users can work through when experiencing suicidal thoughts. beyondblue.org.au/get-support/beyon now-suicide-safety-planning

**The Check-in**
An app to help young people take the fear out of having a conversation with a friend who might be struggling. beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app

**Niggle**

**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/

**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
Digital Mental Health Gateway

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

Crisis Support

Kids Helpline
Phone and real time web-based crisis support for youth (5-25yrs).
kidshelpline.com.au
1800 55 1800 (Phone: 24hrs)

1800RESPECT
Phone and online counselling for people seeking help for themselves or someone else.
1800 737 732 (24/7) 1800respect.org.au

Useful Programs & Websites

eheadspace
Internet chat, email or phone support for young people (12-25yrs) with a range of issues.
headspace.org.au
1800 650 890

Youth Beyond Blue
Information, online and phone counselling for young people (12-25yrs)
1800 224 636 youthbeyondblue.com

QLife
Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI).
1800 184 527 qlife.org.au

Counselling Support

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

Counselling Online
Online 'chat' and phone counselling 24/7 for people concerned about their own or others drug or alcohol use.
1800 888 236 counsellingonline.org.au

CanTeen
Phone, online and email counselling and forums to help young people (12-24yrs) cope with cancer.
canteen.org.au
1800 835 932 support@canteen.org.au

BITE BACK
Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs).
biteback.org.au

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

The Desk
Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.
thedesk.org.au

MoodGYM
An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.
moodgym.anu.edu.au

This Way Up TeenSTRONG
Online course for teens transitioning into adulthood. Instructions available for referring therapist to provide support (fee involved).
thiswayup.org.au

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

Out and Online
An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25.
outandonline.org.au

Hello Sunday Morning
A website and app which aims to support any individual to cut back or take a break from using alcohol.
hellosundaymorning.org

Recharge
A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.
itunes.apple.com/au/app/rechargesleep-well-be-well/id878026126?mt=8

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

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