

Digital Mental Health for Tertiary Students

HOW CAN DIGITAL MENTAL HEALTH HELP?

Undertaking tertiary education can be an incredibly exciting time, yet it can also be equally stressful, whether you are transitioning straight from school or entering following a period of work or travel.

The transition to tertiary education can bring with it a range of challenges, including stress about assessment and study, financial strain, social worries and the pressure of having to juggle study with home and personal life. Mental health issues are common amongst tertiary students, however help is available. You can contact your university student counselling services or visit a GP. There are also other options available.

Digital mental health services (programs or apps delivered online or over the phone) can offer a free/low-cost and easily accessible option to students for mental health support, information and treatment. Digital resources may be self-driven or practitioner-guided and can be used alone or in combination with face-to-face treatment.

For tips on how to get started using digital mental health tools, check out our [Getting Started with Digital Mental Health](#) factsheet.



Scan to download a free
PDF version from the
eMHPrac Website



Crisis and Counselling Support



Lifeline

24/7 phone counselling, and online crisis support chat available each evening. Text service also available.
<https://www.lifeline.org.au/>
13 11 14



Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time.
<https://www.beyondblue.org.au/>
1300 224 636 (24hrs)



FriendLine

A national support line "ready for a cuppa and a conversation" with trained volunteers.
<http://www.friendline.org.au>
1800 424 287



Kids Helpline

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



Suicide Call Back Service

Phone and online counselling for people at risk of suicide or those bereaved by suicide.
<http://suicidecallbackservice.org.au/>
1300 659 467



eFriend

A virtual peer support service that offers befriending sessions to connect people to eFriend Peers via video call or phone call.
<https://icla.org.au/efriend/>

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

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
<https://www.headtohealth.gov.au/>

Apps



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/>



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.
<https://www.smilingmind.com.au/>



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>



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.
<https://moodmission.com/>



Breakup Shakeup

A behavioural activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup.
<https://apps.apple.com/au/app/breakup-shakeup/id1017200579>

Aboriginal and Torres Strait Islander Students



WellMob

Website of culturally relevant social and emotional wellbeing resources for Aboriginal and Torres Strait Islander people.
<https://wellmob.org.au/>



headspace Yarn Safe

Information and support for Aboriginal and Torres Strait Islander mental health.
<https://headspace.org.au/yarn-safe/>

Counselling Support



Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders.
<https://butterfly.org.au/>
1800 33 4673



QLife

Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTIQ+).
<https://qlife.org.au/>
1800 184 527



headspace

Online and phone support for young people (12-25yrs) with a range of issues.
<https://headspace.org.au/online-and-phone-support/>

Useful Programs and Websites



This Way Up

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



Mental Health Online

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



MindSpot

Online courses to help adults learn how to manage symptoms of depression. Includes assessment, feedback and therapist support.
<http://www.mindspot.org.au/>



BITE BACK

Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs).
<https://www.biteback.org.au/>



MoodGYM

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



Stress Less Tips

Evidence-based tips for uni students that can help support mental health and wellbeing by decreasing stress.
<https://www.stresslesstips.org.au/>



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/>