

# 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.



## Crisis and Counselling Support



### Lifeline

24/7 phone counselling, and online crisis support chat available each evening. Text service also available.  
13 11 14



### Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time.  
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)  
[kidshelpline.com.au](http://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://efriend.org.au>

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to free or low cost online and phone mental health services, information and resources.  
[headtohealth.gov.au](http://headtohealth.gov.au)

## Apps



#### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.  
[au.reachout.com/tools-and-apps/recharge](http://au.reachout.com/tools-and-apps/recharge)



#### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.  
[smilingmind.com.au](http://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.  
[moodmission.com](http://moodmission.com)



#### Ray's Night Out

An app to help youth (16-25yrs) increasing their awareness of their drinking limits and promote safer drinking practices.  
<https://itunes.com/au/app/rays-night-out/id978589597?mt=8>



#### 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/>



#### iBobbly

A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.  
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>



#### 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.  
[butterfly.org.au](http://butterfly.org.au)  
1800 33 4673



#### QLife

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



#### eheadspace

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

## Useful Programs and Websites



#### The Desk

Online tools, quizzes, information and forums to promote mental and physical wellbeing in students.  
[thedesk.org.au](http://thedesk.org.au)



#### This Way Up

Self-paced online CBT courses for a range of issues, including 'Student Wellbeing' course. Courses can be done as self-help or guided by your own clinician, either free or low cost.  
<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).  
[biteback.org.au](http://biteback.org.au)



#### MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.  
[moodgym.com.au](http://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.  
[au.reachout.com](http://au.reachout.com)

### \*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.