

Digital Mental Health for Trauma

WHAT IS TRAUMA?

Trauma is an emotional response to an event that is physically or emotionally threatening. Whilst everyone who experiences a stressful event will be emotionally affected, not everyone will develop problematic symptoms that require professional help. Many people recover within a week or two, whereas others may have longer lasting symptoms that can take years to recover from. When these symptoms have a significant impact on someone's daily functioning, they may be suffering from Post Traumatic Stress Disorder.

It is not uncommon for people who have experienced trauma to also experience anxiety and depression. Check out our **depression** and **anxiety** factsheets for further information on resources available.

WHAT ARE THE SYMPTOMS OF TRAUMA?

Trauma can manifest in many different ways, but there are some common signs and symptoms:

Physical

- Difficulty getting to sleep or staying asleep.
- Changes in level of reactivity or heightened arousal. Examples include feeling on edge or being startled easily and hyper-vigilance and hyper-awareness.
- Extreme physical reactions to reminders of events such as sweating, pounding heart or nausea.

Psychological

- Intense feelings of distress when reminded of the event.
- Loss of interest in previously enjoyed activities.
- Difficulty concentrating.
- Feeling emotionally numb and detached from people.
- Negative thoughts.
- Difficulty remembering important aspects of a tragic event.

Behavioural

- Avoiding external reminders of the event. This can include activities, places, or people.
- Avoiding trauma-related thoughts or emotions, sometimes through use of drugs or alcohol.

FOR MORE INFORMATION ON TRAUMA VISIT:



Phoenix Australia

A not-for-profit organisation promoting recovery, improved wellbeing and quality of life for Australians affected by trauma.
www.phoenixaustralia.org/



Open Arms

24hr telephone crisis support and free mental health information for Australian veterans and their families.
www.openarms.gov.au/signs-symptoms/trauma-and-ptsd

*DISCLAIMER

Digital mental health resources are best suited for people with low-to-moderate symptoms. Trauma symptoms can be extremely distressing, so digital mental health resources are best used under the guidance of a qualified health professional, such as your GP or a Psychologist.

Digital Mental Health for Trauma

DIGITAL SERVICES FOR TRAUMA

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

Self-Guided Programs



MindSpot Clinic

Online courses to help manage a range of mental health issues, including PTSD.
www.mindspot.org.au/



This Way Up

Self-paced online CBT courses for a range of issues, including PTSD. Courses can be done as self-help or guided by your own clinician, either free or low cost.
www.thiswayup.org.au/how-can-we-help/



Mental Health Online

Free online programs for a range of issues, including PTSD, with self-guided or therapist support options.
www.mentalhealthonline.org.au



Peak Fortem

Information and practical tools to promote mental fitness and improve wellbeing for Australian first responders.
peakfortem.fortemaustralia.org.au/

Apps



PTSD Coach

An app that helps people understand and manage the symptoms of post-traumatic stress disorder.
Available on Apple Store and Google Play



High Res

eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back.
Available on Apple Store and Google Play



Daisy

App developed by 1800RESPECT connecting Australian women to abuse services.
www.1800respect.org.au/daisy



Sunny app

1800RESPECT's support app for women with disabilities who have experienced violence and abuse.
www.1800respect.org.au/sunny

Phone and Online Counselling



Open Arms

24hr telephone crisis support and free mental health information for Australian veterans and their families.
www.openarms.gov.au/signs-symptoms/trauma-and-ptsd
1800 011 046



Blue Knot Foundation

Telephone counselling, information and resources for adults who have experienced childhood trauma.
www.blueknot.org.au/
1800 657 380



1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.
www.1800respect.org.au/
1800 737 732



Rape and Domestic Violence Service Australia

Telephone and online counselling for people of all genders who have been impacted by sexual assault.
www.rape-dvservices.org.au/



Suicide Call Back Service

24hr phone and online counselling for people at risk of suicide or those bereaved by suicide.
www.suicidecallbackservice.org.au/
1300 659 467



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.
www.lifeline.org.au/
13 11 14

Young People



Kids Helpline

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



Headspace

Resources and information to support young people, and their families and individuals.
headspace.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/