









# **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.

Scan to download a free PDF version from the eMHPrac Website



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



Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues, including PTSD. Own clinician assisted option available.

www.thiswayup.org.au/programs/

#### **Mental Health Online**



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

www.mentalhealthonline.org.au



Information and practical tools to promote mental fitness and improve wellbeing for Australian first responders.

peakfortem.fortemaustralia.org.au/

#### **Apps**



An app that helps people understand and manage the symptoms of post-traumatic stress disorder.

Available on Apple Store and Google Play



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







#### 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/traumaand-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**

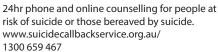


Telephone and online counselling for people of all genders who have been impacted by sexual assault.

www.rape-dvservices.org.au/

### Suicide Call Back

#### Suicide Call Back Service





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

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#### **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

## 원 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/