

# **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. https://www.phoenixaustralia.org/

OPEN ARMS

#### **Open Arms**

24hr telephone crisis support and free mental health information for Australian veterans and their families. https://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 https://www.headtohealth.gov.au/

#### **Self-Guided Programs**

# MindSpot

THIS WAY UP 🚹

mentalhealthonline

#### MindSpot Clinic

Online courses to help manage a range of mental health issues, including PTSD. https://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.

https://thiswayup.org.au/programs/

#### **Mental Health Online**

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

https://www.mentalhealthonline.org.au/

#### Peak Fortem

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



HIGHKES

# 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



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



#### Sunny app

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

**Phone and Online Counselling** 

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**OPEN** ÅRMS

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trauma-and-ptsd 1800 011 046

#### **Blue Knot Foundation**

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

Telephone and online counselling for people of

all genders who have been impacted by sexual

24hr phone and online counselling for people at

risk of suicide or those bereaved by suicide.

https://www.suicidecallbackservice.org.au/

#### 1800RESPECT

1800 737 732

1800 385 578

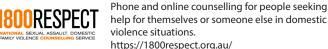
1300 659 467

assault.

Full Stop Australia

https://fullstop.org.au/

Suicide Call Back Service











kidshelpline

요권 headspace

REACHOUT

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

#### **Young People**

#### **Kids Helpline**

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



Resources and information to support young people, and their families and individuals. https://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. https://au.reachout.com/



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