

# Digital Mental Health Resources for High School Teachers

## HOW CAN DIGITAL MENTAL HEALTH HELP?

As a teacher, you are placed in a unique position. As an authority figure within the lives of your students, you often find yourself holding great influence over both their schooling and personal lives. Due to this unique role, it is not uncommon for students to turn to you, someone they trust and respect, during tough times. Parents and families of students may also disclose concerns about emotional or behavioural difficulties at home.

It is important to know how to best support students and families when they come to you for guidance or advice about their wellbeing and mental health. While it may involve seeking the advice of your guidance officer or school psychologist, it is also important to be able to point students and families in the right direction.

Australian digital mental health services (e.g. websites, online programs and apps) offer publicly available, evidence-based mental health information, support and treatment for students and families, and the majority of these services are free. Many digital resources are self-driven, but some offer free remote guidance from a health practitioner. Browse the list of digital mental health resources below for a range of options that are suitable for students and families.

The team at eMHprac are committed to enhancing the awareness and knowledge that health practitioners in Australia hold about digital mental health. We can help you to support patients, clients and others through a wide range of publicly available resources from Australian mental health organisations.

**Digital mental health resources are best suited for people with low-to-moderate symptoms. If you are unsure about the suitability of digital mental health resources for a student or family, it is best to suggest they seek help with qualified professionals, such as a school psychologist or their family GP.**

## Crisis and Counselling Support



### Kids Helpline

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



### QLife

Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI).  
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/  
1800 650 890

### Parentline

Professional counselling and support for parents and carers offering phone, email and webchat. Online counselling is also available in some states/territories.  
QLD & NT: parentline.com.au 1300 30 1300  
NSW: parentline.org.au 1300 1300 52  
VIC: education.vic.gov.au/about/contact/Pages?parentline.aspx 13 22 89  
SA: parenting.sa.gov.au 1300 364 100  
WA: (08) 6289 1200 or 1800 654 432  
ACT: parentlineact.org.au (02) 6287 3833  
TAS: 1300 808 178



### Butterfly Foundation

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



## 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](http://headtohealth.gov.au)

## Information on Supporting Student Wellbeing



#### ReachOut Schools

Resources and information for teachers, as well as support for parents and carers to help support student wellbeing.

<https://schools.au.reachout.com/>

#### Be You

Information, resources and strategies for educators supporting young people.

<https://beyou.edu.au/>



## Information Sites



#### 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)



#### Headspace

Information on issues faced by young people and how to best support them.

[headspace.org.au/friends-and-family/](http://headspace.org.au/friends-and-family/)

#### Healthy Families

Information and moderated forums for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing.

[healthyfamilies.beyondblue.org.au/](http://healthyfamilies.beyondblue.org.au/)



#### ReachOut Parents

Information, discussion forums, resources and parent coaching to help parents and carers support the 12 to 18 year olds in their family.

[parents.au.reachout.com/](http://parents.au.reachout.com/)

#### eSafety Parents

Webinars, advice and resources for keeping children and teens safe online.

[esafety.gov.au/parents](http://esafety.gov.au/parents)



## Online Programs



Bite Back

#### 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)



#### This Way Up 'Teen Mental Health Course'

Free, online course for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription from a clinician.

<http://www.thiswayup.org.au/>

#### The Brave Program

Prevention, intervention, and treatment of anxiety in young people. Includes child (3-7 and 8-12), teen (12-17), and parent components.

[brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)



#### Teen Triple P Online

Online program teaching proven strategies for parenting teens.

<https://www.triplep-parenting.net.au/qld-uken/find-help.triple-p-online/pre-teens-and-teens>

## Apps



#### Niggle

An app that helps young people track their wellbeing and improve their social and emotional health.

<http://www.kidshelpline.com.au/niggle>



#### 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>



#### ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (OS) or apple watch.

<http://www.au.reachout.com/tools-and-apps/reachout-breathe>



#### 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)



#### The Check-in App

App helping young people check-in with friends and family and coaching youth through how they might support their friends.

<https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app>



#### 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-shake-up/id1017200579>



#### YourCrew

An app that allows young people to ask for help when they need it most, from people they know and trust.

<https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app>

## Indigenous Students and Families



#### WellMob

Website of culturally relevant social and emotional wellbeing resource for Aboriginal and Torres Strait Islander people.

<https://wellmob.org.au/>



#### iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and over.

<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/>

## Key



Contains helpful information for parents