

Digital Mental Health Resources for Primary 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 problems at home, or difficulties due to family separation.

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.

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)



eheadspace

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



Butterfly Foundation

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



Family Relationship Advice Line

Telephone service for families affected by relationship or separation issues.
<https://www.familyrelationships.gov.au/talk-someone/advice-line>
1800 050 321



Parents Beyond Breakup

Information and telephone support for parents experiencing trauma related to family breakdown and separation.
parentsbeyondbreakup.com
1300 853 437



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

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

Online Programs



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



This Way Up 'Teen Mental Health Course'

Free, online course for teens (12+) transitioning into adulthood. Requires the supervision of a parent or carer and a prescription from a clinician.
<http://www.thiswayup.org.au/>



ParentWorks

Online program for caregivers of children aged 2 to 16. It provides evidence-based parenting strategies.
parentworks.org.au



Triple P: Positive Parenting Program

Online eight module course providing a toolbox of parenting strategies for children up to the age of 16.
triplep-parenting.net.au/qld-uken/find-help/triple-p-online



Cool Little Kids Online

A program for parents of shy or anxious children (3-6yrs) that helps build parents' knowledge and practical skills to increase their child's confidence.
coollittlekids.org.au/login

Apps



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.
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>



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>

Key

Contains helpful information for parents

Information Sites



Kids Helpline Information Pages

Information pages developed by Kids Helpline on a range of topics relevant to kids and teens.
<http://www.kidshelpline.com.au/kids/issues>



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



Headspace

A range of information sheets on issues faced by children and young people and how best to support them.
headspace.org.au/friends-and-family/



Raising Children Network

Tools, information guides, mobile apps and other products to help your family grow and thrive together.
<https://raisingchildren.net.au/>



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/



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/



eSafety Parents

Webinars, advice and resources for keeping children and teens safe online.
esafety.gov.au/parents



Bullying. No Way!

Information, resources and activities for bullying education and prevention.
bullyingnoway.gov.au

Indigenous Students and Families



WellMob

Website of culturally relevant social and emotional wellbeing resources for Aboriginal and Torres Strait Islander people.
<https://wellmob.org.au/>



headspace Yarn Safe

Information and support for Aboriginal and Torres Strait Islander mental health.
<https://headspace.org.au/yarn-safe/>

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/>



Kids Helpline Schools Programs

Online sessions run by Kids Helpline covering a range of social and emotional wellbeing topics.
<https://kidshelpline.com.au/schools/kids-helpline-school>



Be You

Information, resources and strategies for educators supporting young people.
<https://beyou.edu.au/>