









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



Butterfly

FAMILY

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



parentline

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

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Kids Helpline Information Pages 🛛 🔒

a range of topics relevant to kids and teens.

http://www.kidshelpline.com.au/kids/issues

to tough times. Includes toolbox of apps.

headspace.org.au/friends-and-family/

Information pages developed by Kids Helpline on

Practical tools and support to help youth (under

25) get through everything from everyday issues

Information Sites

ReachOut

au.reachout.com

Headspace

support them.

Digital Mental Health Gateway

Head to Health A website that links Australians to online and

Head to Health

THE BRAVE PROGRAM.

THIS WAY UP 🕇

Vorks

Triple F

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

phone mental health services, information and

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

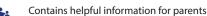


YourCrew

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













A range of information sheets on issues faced

by children and young people and how best to

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 🔒



요권 headspace

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



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

Information on Supporting Student Wellbeing

ReachOut Schools



kidshelpline

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/kidshelpline-school

Be You

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

www.emhprac.org.au







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REACH

OUT.COM

eSafetyCommissioner

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