

# Digital Mental Health 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.**

Scan to download a free  
PDF version from the  
eMHPrac Website



## 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)



### 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

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

## National Mental Health Website



### Head to Health

A website that links Australians to free or low-cost online and phone mental health services.  
[headtohealth.gov.au](http://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](http://brave4you.psy.uq.edu.au)



### This Way Up 'Teen Worry and Sadness'

Online, self-guided CBT program for teens (12+) transitioning into adulthood. Own clinician assisted option available.  
<http://www.thiswayup.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](http://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](http://coollittlekids.org.au/login)

## Apps



### 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>



### Child360

An app for for parents supporting their children's social and emotional wellbeing and strengthen resilience.  
<https://emergingminds.com.au/resources/child360-app/>



### 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>

## 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>



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



### eSafety Parents

Webinars, advice and resources for keeping children and teens safe online.  
[esafety.gov.au/parents](http://esafety.gov.au/parents)



### Bullying. No Way!

Information, resources and activities for bullying education and prevention.  
[bullyingnoway.gov.au](http://bullyingnoway.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/>



### 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/>

## 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/>