

Digital Mental Health for Managing Stress

WHAT IS STRESS?

"I feel burned out". "I'm overwhelmed". "There's too much on my plate". Stress is a normal human response to difficult situations. We experience stress when the demands of our situation outweigh our coping resources.

Our attitude plays a big role in how we experience stress. When we perceive an event as threatening or challenging, we are more likely to experience stress. Therefore, an event that is highly stressful for one person might be nothing but a small speedbump for another.

Stress is not always a bad thing. As it is part of our body's normal coping response, it can help keep us alert, motivated and prepared to deal with tough situations. However, excessive or prolonged stress can put us at risk of developing mental health disorders such as anxiety or depression. Chronic stress can also cause wear and tear on the body and contribute to major physical illness.

Scan to download a free PDF version from the eMHPrac Website



WHAT ARE THE SYMPTOMS OF STRESS?

Stress symptoms are different for everyone. Even though stress itself is not anxiety or depression, many of the symptoms can look and feel the same.

Physical

- Exhaustion or trouble sleeping
- Constantly restless, fidgety or on edge
- Feeling like your heart is racing
- Headaches
- Muscle tension, aches and pains
- Stomach or digestive problems
- Frequently sick and run down

Psychological

- Low mood and negative thoughts
- Frequent worry or trouble thinking about anything but the stressor/s
- Irritability
- Poor concentration, being easily distracted
- Forgetfulness
- Indecisiveness
- Feelings of hopelessness

Behavioural

- Procrastinating or not getting things done at home and work
- Withdrawing from social and leisure activities
- Neglecting self-care
- Increase in unhealthy behaviours, e.g. overeating, consuming alcohol/drugs, gambling, excessive screen time, etc.

Digital mental health resources are best suited for people with low-to-moderate symptoms. If you are experiencing severe or prolonged stress, it is best to seek help with a qualified professional. Visit your GP for a referral.

FOR MORE INFORMATION ON STRESS VISIT:



Black Dog Institute
Information and factsheets on a range of mental health issues, including stress.
<https://www.blackdoginstitute.org.au/>



ReachOut (for young people)
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/>

Digital Mental Health for Managing Stress

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

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
<http://www.headtohealth.gov.au/>

Programs



MindSpot Clinic

Online courses to help adults learn how to manage symptoms of anxiety and depression.
<http://www.mindspot.org.au/>



This Way Up

Online, self-guided CBT program to help improve mood, anxiety and stress levels. Own clinician assisted option available.
<http://www.thiswayup.org.au/porgrams/>



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress, or people who simply want to build good mental health.
<http://www.mycompass.org.au>



MoodGym

Free online Cognitive Behaviour Therapy program for depression and anxiety.
<http://www.moodgym.com.au>



eCouch

A self-help interactive program with modules teaching evidence-based strategies drawn from CBT and interpersonal therapies.
<https://ecouch.com.au>



Stress Less Tips

Evidence-based tips that can help support mental health and wellbeing by decreasing stress.
<http://www.stresslesstips.org.au/>

Young People



Kids Helpline

Phone and real time online crisis support.
<http://www.kidshelpline.com.au>
1800 55 1800



headspace

Online and phone support for young people (12-25yrs) with a range of issues.
<https://headspace.org.au/online-and-phone-support/>



Niggle

An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.
<http://www.kidshelpline.com.au/niggle>



Bite Back

BITE BACK

Online activities and info to help build positive wellbeing and resilience in young people (12-25yrs).
<https://www.biteback.org.au>

Phone and Online Counselling



Lifeline

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



Beyond Blue Support Service

Telephone (24/7), online and email counselling.
<https://www.beyondblue.org.au>
1300 22 4636



QLife

Online chat and phone counselling for the LGBTQI+ community.
<https://qlife.org.au/>
1800 184 527



NewAccess

Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.
<http://www.beyondblue.org.au/get-support/newaccess>



Yarning Safe'n' Strong

A national 24/7 helpline for Aboriginal and Torres Strait Islanders.
<https://www.vahs.org.au/yarning-safe-n-strong-media/>

Apps



Mood Mission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.
Available on Apple Store and Google Play Store



HeadGear

An easy-to-use smartphone app, guiding users through a 30-day mental fitness challenge to build resilience and wellbeing.
Available on Apple Store and Google Play Store



MindGauge

An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle.
Available on Apple Store and Google Play Store



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.
smilingmind.com.au/