

Digital Mental Health for Addictions

WHAT IS AN ADDICTION?

An addiction occurs when someone repeatedly engages in a behaviour or uses a substance despite this leading to negative consequences. People can become addicted to anything that activates the reward circuits in our brains - drugs (including some prescription pain and sleep medications), alcohol, cigarettes, gambling, shopping, food, gaming, exercise, or even sex.

People often engage in addictive behaviours to feel good or to stop themselves from feeling bad. However, an addiction often leads to further problems. Getting help from a professional can significantly improve your chances of recovery.

WHAT ARE THE SYMPTOMS OF AN ADDICTION?

Physical

- Impaired sleep, eating habits or sex drive.
- The effects of intoxication or withdrawal (Find out more at the Better Health Channel).
- Frequent cravings or desire.
- Changes in energy levels.

Psychological

- Feeling out of control.
- Minimising the consequences -"It won't happen to me".
- Thinking about your addiction when you don't want to be.
 Feeling anxious, angry or
- depressed.
- Fearing you are losing touch with reality (feeling paranoid, hearing things).
- Relationship difficulties.
- Losing interest in other activities.

Behavioural

- Finding it hard to cut down or stop.
- Using the substance/action for longer periods than you set out to.
- Employment difficulties such as being late to work.
- Not keeping on top of housework or falling being in responsibilities with children.
- Not paying bills or spending money you have kept for something else.
- Withdrawing from family or friends.
- Driving under the influence or doing other risky behaviours.

STAYING SAFE WITH DRUGS AND ALCOHOL

If you think you might have a problem with alcohol, benzodiazepines, GHB or ketamine **do not try to stop or cut down on your own**. It can be very dangerous. See your GP for safe ways to cut down - your details will remain confidential.

Are you pregnant? There is no healthy amount of alcohol, tobacco or other substances.

If you are unsure or wish to cut down or quit, please check with your GP.

Drinking too much alcohol or taking too much of other drugs can be very dangerous. Taking different types of drugs together can also lead to serious consequences. Find out more on the **Drug Aware** website.

There is no safe way to use illicit substances, as they all create risks for your health and wellbeing. If you do choose to use despite this, please check the following "safer ways to use" guidelines on **Drug Aware** or **Touchbase** websites.

emhprac@qut.edu.au



Digital Mental Health for Addictions

DIGITAL SERVICES FOR ADDICTIONS

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

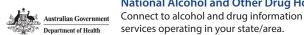
headtohealth.gov.au



Alcohol and Drugs Counselling Online 🏜

1800 250 015

Online, text-based service to communicate with a professional counsellor about your alcohol and drug use, or that of a loved one. http://www.counsellingonline.org.au/ 1800 888 236



An app to help individuals change their

TOUCHBASE.ORG.AU

Alcohol and Drug Foundation

HELLOSUNDAYMORNING relationship with alcohol, with professional and community support.

> https://hellosundaymorning.org/daybreak/ **On Track with The Right Mix**

An app to help individuals keep track of their drinking over time. Available on Apple Store and Google Play

Touchbase (for LGBTIQ+)

Information and resources on substance use, mental health and sexual health in the LGBTIQ+ community.

https://touchbase.org.au

Rav's Night Out

App to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices. Available on Apple Store

Alcohol and Drug Foundation 🏜

Information, tools and ideas to reduce the harm of alcohol and other drugs. https://adf.org.au 1300 85 85 85

Positive Choices 📥

Information on substance use and addictive behaviours.

www.positivechoices.org.au

Drinks Meter app

An app providing instant, unbiased, and anonymous feedback on your drinking. https://www.drinksmeter.com

Alcohol and Other Drug ledge Centr

AOD Knowledge Centre (ATSI) Information to help Aboriginal and Torres Strait

Islander people reduce their use of alcohol and other drugs. https://aodknowledgecentre.edu.edu.au





My Digital Health 'BDZ digital health'

Psycho-education program to help reduce and gradually withdraw from benzodiazepine use. http://www.mydigitalhealth.org.au



Information about alcohol and other drugs. https://yourroom.health.nsw.gov.au/



eCliPSE

A series of self-help tools and online programs to address cooccuring depression, alcohol and drug use, and to improve the mental and physical wellbeing of smokers.

https://uoneclipse.com.au/ehealth-programs-oneclipse

Cigarettes/Tobacco

OuitLine

Telephone coaching for those wishing to quit smoking.







http://www.quitcoach.org.au Quit Now: My QuitBuddy app

for smokers and ex-smokers.

http://www.icanquit.com.au/

App to support all smokers to quit, featuring tips, distraction tools and a community forum. Available on Apple Store and Google Play

Online program that delivers personalised

feedback and smoking cessation advice.



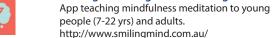
OuitCoach

Gambling Help Online 🏜

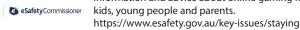
24hr telephone, online and email counselling, support and information for gambling. http://www.gamblinghelponline.org.au/ 1800 858 858

Smiling Mind: Digital Detox Program











Centre for Clinical Interventions 'Overcoming Disordered Eating'

Self-help workbooks and modules. https://www.cci.health.wa.gov.au/resources/ looking-after-yourself

Key

-safe/gaming

Services that also assist people concerned about someone else -

www.emhprac.org.au

emhprac@qut.edu.au

gambling help 💒 Online

























