

## DIGITAL MENTAL HEALTH FOR PHYSICAL HEALTH ISSUES

### HOW IS MENTAL HEALTH LINKED TO PHYSICAL HEALTH ISSUES?

Chronic physical conditions and illnesses (such as cancer, diabetes and chronic pain) can require huge adjustments to daily life and have a significant impact on psychological wellbeing. The research shows that people with physical health problems are far more likely to develop mental health issues than those without – for example, people with diabetes are more than 2-3 times more likely to develop depression and up to 40% of cancer patients experience clinically significant mental health issues (compared to around 20% of all those in the general population). Chronic pain is a particularly debilitating condition, with rates of depression four times higher in those with chronic pain than without.

Having a mental illness alongside a chronic physical illness can also make managing that chronic illness much more difficult. Low motivation and energy can make it difficult to maintain exercise or eat a healthy diet, problems with concentration can make it hard to remember to take medications, and negative or anxious thoughts can get in the way of adhering to other important health behaviours.



### FOR INFORMATION ON MENTAL HEALTH AND PHYSICAL HEALTH ISSUES:



**SANE Australia**  
Mental health information and online forums, including information on a range of physical health issues.  
<http://www.sane.org/>



**Your Health in Mind**  
Information page on managing physical health when suffering from mental illness.  
<https://www.yourhealthinmind.org/treatments-medication/physicalhealth>

# DIGITAL MENTAL HEALTH FOR PHYSICAL HEALTH ISSUES

## DIGITAL SERVICES FOR PHYSICAL HEALTH ISSUES

### 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](http://headtohealth.gov.au)

### Phone and Online Counselling



#### Cancer Counselling Service

Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends).  
<https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/>  
07 3634 5248 or 13 11 20



#### Help With Dementia

Online and videoconference counselling, an online forum, and information about dementia.  
<http://www.helpwithdementia.org.au/>



#### CanTeen (young people)

Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.  
<http://www.canteen.org.au>  
1800 855 932  
[support@canteen.org.au](mailto:support@canteen.org.au)

### Moderated Forums



#### SANE Australia

Mental health information and online forums, including information on a range of physical health issues.  
<http://www.sane.org/>



#### CanTeen Connect (young people)

An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community.  
<http://www.canteenconnect.org/>



#### Livewire (young people)

A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability.  
<https://livewire.org.au/>



#### Help With Dementia

Online and videoconference counselling, an online forum, and information about dementia.  
<http://www.helpwithdementia.org.au/>

### Self-Guided Programs



#### MindSpot Clinic

Online courses for pain and a range of issues. Includes assessment, feedback and therapist support.  
<http://www.mindspot.org.au/>  
1800 61 44 34



#### This Way Up

App and online CBT courses for pain and other issues. Self help and clinician-assisted options available.  
<http://thiswayup.org.au/how-we-can-help/>



#### eCentreClinic

The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs.  
<http://www.ecentreclinic.org/>



#### My Digital Health

A biopsychosocial web & mobile-based intervention program for insomnia.  
<http://www.mydigitalhealth.org.au>



#### Finding My Way

An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.  
<http://www.findingmyway.org.au/>



#### Centre for Clinical Interventions

Self-help workbooks and modules for a range of mental health issues.  
<http://www.cci.health.wa.gov.au/resources/looking-after-yourself>