

DIGITAL MENTAL HEALTH FOR PHYSICAL HEALTH ISSUES AND DISABILITY

Chronic physical conditions, disability and chronic illnesses (such as cancer, diabetes, epilepsy, chronic pain, or physical, intellectual or sensory disability) can require huge adjustments to daily life and have a significant impact on psychological wellbeing. The research shows that people with physical health problems or disability 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 or disability 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.



National Relay Service

If you find it difficult to hear or speak, you can use the National Relay Service.

<https://www.dss.gov.au/contact/national-relay-service>

Scan to download a free PDF version from the eMHPrac Website



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/physical-health>

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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.

<https://www.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

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

1800RESPECT

Telephone and online counselling service for people experiencing sexual, domestic, and family violence. Accessible for people with vision, hearing or speech impairment and easy-read pages.

<http://www.1800respect.org.au/>
1800 737 732

Dementia Australia

Information, resources, and a telephone/webchat advice line for people living with dementia and their families and carers.

<https://www.dementia.org.au/>
1800 100 500



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/>



Online Programs

MindSpot Clinic

Online courses for chronic conditions, chronic pain and a range of issues. Includes assessment, feedback and therapist support.

<http://www.mindspot.org.au/>
1800 61 44 34



This Way Up

Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted options available.

<http://thiswayup.org.au/programs/>



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/>



Health Zone

A biopsychosocial web & mobile-based intervention program for insomnia.

<https://www.healthzone.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. Accessible for people with disabilities who may use assistive technologies and available in alternative formats on request for a person with disability.

<http://www.cci.health.wa.gov.au/resources/looking-after-yourself>



Healthy Mind

An online Easy Read tool to help people with Intellectual Disability (ID) recognise and regulate their thoughts and feelings and learn to have a happier and healthier life.

<https://www.healthymind.org.au/#>



Apps

Sunny App

1800RESPECT's support app for women with disability who have experienced violence and abuse. Available of Apple Store and Google Play.

<https://www.1800respect.org.au/sunny>



Disability Gateway

The Disability Gateway provides information and services to help people with disability, their family, friends and carers find support.

<https://www.disabilitygateway.gov.au/>