











# **Digital Mental Health for Carers**



# **HOW CAN DIGITAL MENTAL HEALTH HELP?**

A carer is anyone who provides emotional or physical support to a person suffering from an illness, disability, chronic condition, frailty due to age, mental illness, or substance use problem. A carer can be a friend, partner, family member, neighbour or even a health care worker. Carers play a vital role in a person's treatment and wellbeing, but carers often experience high rates of distress themselves.

Digital mental health services can provide information, support, and tools to protect your own mental health whilst caring for someone else.

Please see other eMHPrac Factsheets for more information and tools on specific topics.

Scan to download a free PDF version from the eMHPrac Website





# **Head to Health**

A good place to start looking is the Australian Government's digital mental health gateway.



Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

# **Crisis Support**



# **Kids Helpline**

Phone and real time web-based crisis support for youth (5-25 yrs) kidshelpline.com.au 1800 55 1800 (24hrs)



Phone and online counselling for people at risk of suicide. Registration required for online counselling.

http://www.suicidecallbackservice.org.au/ 1300 659 467



# 1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.

1800respect.org.au 1800 737 732 (24hrs)















# **Information Websites**



# YOUNG CARERS **NETWORK**









An online support platform for young carers. http://www.dreamershub.com.au/

# Young Carers Network

Information, support and links to support for carers under 25 years of age. https://youngcarersnetwork.com.au/

# ReachOut

Up-to-date information and articles for youth on a range of topics, including supporting someone that you care about. Also includes professionally moderated anonymous discussion forums. https://au.reachout.com/

#### **Blue Knot Foundation**

Information and resources with online factsheets and downloadable videos for carers of individuals who have experienced childhood trauma. https://www.blueknot.org.au

# **Beyond Blue**

Information website and safe, online peer support forums for a range of mental health issues, including supporting yourself while caring for someone with mental health needs. http://www.beyondblue.org.au/get-support/ online-forums

# **Apps**



# **Chats for Life**

An app to help you to plan a conversation with someone that you may be concerned about. Available on the App Store and Google Play

# The Check-in app - Youth Beyond Blue

Free app helping people check-in with friends and family and coaching youth through how they might support their friends.

https://www.beyondblue.org.au/about-us/aboutour-work/young-people/the-check-in-app

# **Self Guided Online Programs**

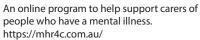


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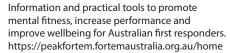
# **Carer Coach**

A five module training series developed by Arafmi, to help mental health carers and the people they care for navigate the NDIS. https://carercoach.com.au/

# **Mental Health Resources for Carers**



# **Peak Fortem**



# **TEN - The Essential Network for Health Professionals**



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An app and website connecting Health Professionals to tools, resources, and peer support to help them manage life through COVID-19.

http://www.blackdoginstitute.org.au/ten/



# **Phone Services**

# Sane Australia

Helpline for anyone affected by mental illness, straightforward and concise information guide on treatments and self help, and moderated forums providing peer-to-peer support for carers. http://www.sane.org/ 1800 187 263

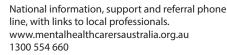
# **Carer Gateway**



. MentalHealthCarers

vides practical information and resources to support carers. The interactive service finder helps carers connect to local support services. http://www.carergateway.gov.au/ 1800 422 737

## Mental Health Carers Australia



# **Tools for Specific Topics**

# You Are Not Alone

# YOU ARE NOT ALONE

Information and tools to assist carers throughout the stages of supporting someone who has attempted suicide, or who is at risk. http://www.sane.org.au/you-are-not-alone

# Your Health in Mind



Comprehensive information on mental illness, treatments and medication from the Royal Australian and New Zealand College of Psychiatrists. Includes a section for carers. https://www.yourhealthinmind.org/

# eating disorders carer help kit.

# **Eating Disorders Carer Help Kit**

Detailed information on supporting someone with an eating disorder. https://eatingdisorderscarerhelpkit.com.au/

# **Counselling Online**



An online phone, chat or email-based service where you can communicate with a professional counsellor about the alcohol and drug use of a loved one.

http://www.counsellingonline.org.au/

# CanTeen Connect



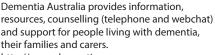
dementia

australia

An online community for young people dealing with their own or a close family member's cancer. There is also a seperate 'Canteen Connect: For Parents' community.

http://www.canteenconnect.org/

# Dementia Australia



http://www.dementia.org.au

# **Eating Disorders Families Australia**

An information website for families/carers of people with an eating disorder. https://www.edfa.org.ai

# **Gambling Help Online**

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

# **Trauma and Grief Network**

A collection of online resources and information for carers to support children and adolescents through trauma, loss and grief. http://tgn.anu.edu.au/















