

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 well-being, 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 eMHPPrac Factsheets for more information and tools on specific topics.

Scan to download a free PDF version from the eMHPPrac Website



Head to Health

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

Head to Health

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)



Suicide Call Back Service (15 yrs+)

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



The Dreamers Hub

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/about-our-work/young-people/the-check-in-app>

Self Guided Online Programs



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

An online program to help support carers of people who have a mental illness.
<https://mhr4c.com.au/>



Peak Fortem

Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.
<https://peakfortem.fortemaustralia.org.au/home>



TEN - The Essential Network for Health Professionals

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/>



Inclusee

A social connection program that connects seniors to friendly volunteers, supporting them to be happy, healthy and socially active.
<https://inclusee.org.au/>

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

A national online and phone service that provides 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

National information, support and referral phone line, with links to local professionals.
www.mentalhealthcarersaustralia.org.au
1300 554 660



Tools for Specific Topics

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

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

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/>



Dementia Australia

Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.
<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/>

