

# Digital Mental Health for Thoughts About Suicide and/or Self-Harm

## Practitioner Factsheet

Mental health practitioners can access a wide range of digital interventions to facilitate their work with clients experiencing thoughts of deliberate self-harm or suicide. Psychoeducation, safety planning toolkits, help-seeking tools, modular self-help programs, and crisis counselling services delivered over a variety of modalities offer clients accessibility and discretion. Digital services also can be used as a treatment adjunct to target underlying risk factors and foster protective factors for suicide or self-harm.

### Indirect Treatment

- Mental health problems
- Negative life events
- Relationship problems
- Substance use
- Social/emotional support
- Physical health problems and disability
- See eMHPrac factsheets or [headtohealth.gov.au](http://headtohealth.gov.au)

### Direct Treatment

- Psychoeducation
- Help-seeking tools
- Safety planning

### Crisis Intervention

- Crisis services:
  - moderated forums
  - phone counselling
  - web-based counselling
  - SMS counselling
  - email counselling



**Use of these services must be overseen by a mental health professional**

Scan to download a free PDF version from the eMHPrac Website





## CRISIS SERVICES





**Suicide Call Back Service (15+)**    
Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.  
<http://www.suicidecallbackservice.org.au>  
1300 659 467



**Kids Helpline (5-25 yrs)**    
Phone, email and real time web-based crisis support and information.  
<http://www.kidshelpline.com.au/>  
1800 55 1800



**Beyond Blue Support Service**    
Telephone, online and email counselling for people going through a tough time. Safe, supportive moderated online peer support forums and information website.  
<https://www.beyondblue.org.au/get-support/talk-to-a-counsellor>  
1800 224 636



**Lifeline**    
Phone and real time online crisis support.  
<http://www.lifeline.org.au/crisis-chat/>  
13 11 14



**Open Arms (veterans)**    
24hr telephone crisis support and free mental health information for Australian veterans and their families.  
<http://www.openarms.gov.au/>  
1800 011 046



**Mensline Australia**  
Advice, therapy and support for men with family concerns and mental health issues. Telephone with call back, online and video counselling. Website information on suicide and supporting a mate.  
<http://www.mensline.org.au/>  
1300 78 99 78



**Samaritans Crisis Line**  
Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.  
<http://www.thesamaritans.org.au/>  
135 247

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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/>

### Information Sites



##### headspace **Y**

Group forums and information factsheets around suicidal thoughts and self-harm.

<https://headspace.org.au/>

##### R U OK? **Y**



Information and resources on having a conversation with someone that you are worried about.

<https://www.ruok.org.au/>



##### Conversations Matter **Y**

Online tools and podcasts for professionals and community members to support the safe discussion of suicide.

<http://www.conversationsmatter.com.au/>



##### Support After Suicide

Information on supporting someone bereaved by suicide. Includes information for how to support young people and kids.

<https://supportaftersuicide.org.au/>



##### ReachOut Next Step **Y**

An online tool to help people under 25 work out what is going on for them and guide them to support options.

<https://au.reachout.com/articles/not-sure-whats-wrong-try-nextstep#nextstep>



##### Standby Support After Suicide

Downloadable books and resource kits for children, teens and workplaces in managing grief after suicide. Resources in multiple languages.

<https://standbysupport.com.au/>

### Apps



##### YourCrew

An app that allows young people to ask for help when they need it most, from people they know and trust.

Available on App Store and Google Play



##### iyarn

Intuitive wellbeing app or website offering easily-completed check-ins that are the catalyst for deeper through and engagement with others.

Available on App Store and Google Play



##### The Check-in app **Y**

Free app helping young people check-in with friends and family and coaching them through how to provide support.

Available on App Store and Google Play



##### iBobbly

A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.

Available on App Store and Google Play



##### Kurdiji

An app created by Australian Indigenous elders designed to save young Indigenous lives.

Available on App Store and Google Play



##### Beyond Now

An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, distress or crises.

Available on App Store and Google Play



##### ReMinder Suicide Safety Plan

Simple, self-managed safety planning app providing reminders of protective factors, professional supports and personal contacts.

Available on App Store and Google Play

### Online Programs



##### Operation Life Online (veterans)

A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools.

<https://openarms.gov.au/resources/apps-and-online-resources/op-life-app>



##### The Ripple Effect

An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.

<http://www.therippleeffect.com.au/>



##### 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. Moderated forums providing peer-to-peer support.

<http://www.sane.org.au/you-are-not-alone>

### Key



Services that assist parents, carers or people worried about someone else.



Services that assist young people.