

# Managing Your Mental Health Online for International Students

International students in Australia report high rates of distress. This can look like sadness or feeling numb, fatigue, feeling stressed, poor motivation, feeling worried, muscle tension, nervousness, restlessness, not being able to concentrate, poor sleep, or problems caused by drinking alcohol, using substances or gambling.

International students face many challenges that other students do not. Practical hurdles to studying in Australia include finding housing and employment and managing the high cost of living. International students might be more likely to feel that they lack connection with other students and the community or face pressure and isolation from family back home. Additionally, international students might be more likely to experience discrimination or racial abuse and exclusion. International students often report finding it challenging to find and access mental health care in Australia and might be less likely to ask for help when they need it.



## HOW CAN DIGITAL MENTAL HEALTH HELP?

Mental health problems are highly treatable. People who seek treatment earlier find that they recover sooner and have fewer ongoing problems. Digital mental health services can be used alone or in conjunction with face-to-face treatments. Many digital services can be accessed anonymously, confidentially, in a place or time convenient to you (including overseas), are free or low cost and based on research evidence.

### If you need an interpreter

131 450  
Open 24 hours a day, 7 days a week.  
To pre-book phone interpreters,  
email: [tis.prebook@homeaffairs.gov.au](mailto:tis.prebook@homeaffairs.gov.au)

Scan to download a free PDF version from the eMHPrac Website



## Crisis Support



### Kids Helpline

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



### Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time.  
<https://www.beyondblue.org.au/>  
1300 224 636 (24hrs)



### Lifeline

24/7 phone counselling, and online crisis support chat available each evening.  
<https://www.lifeline.org.au/>  
13 11 14



### 1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else for domestic or family violence or an unwanted sexual experience.  
<https://1800respect.org.au/>  
1800 737 732 (24hrs)

## 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 Services

## SANE

#### SANE Australia

One-off phone counselling and moderated forums providing peer-to-peer support for people with complex mental health needs.  
<https://www.sane.org/>  
1800 18 7263

## eheadspace

#### headspace

Online and phone support for young people (12-25 yrs) with a range of issues.  
<https://headspace.org.au/online-and-phone-support/>

### Apps



#### BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.  
Available on Apple App Store and Google Play.



#### MoodMission

A app designed to help individuals overcome low moods and worries by discovering new coping strategies.  
Available on Apple App Store and Google Play.



#### Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults. Available in 5 languages.  
Available on Apple App Store and Google Play.

### Online Programs

## moodgym

#### MoodGYM

A free, interactive program to help prevent and manage symptoms of depression and anxiety.  
<https://moodgym.com.au/>



#### BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.  
<https://www.biteback.org.au/>



#### Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.  
<https://www.cci.health.wa.gov.au/>

## ecouch

#### e-Couch

A free, self-help program with modules for low mood, anxiety, worry, social anxiety, relationship breakdown, loss and grief.  
<https://ecouch.com.au/>

## THIS WAY UP

#### THIS WAY UP

A range of self-paced online CBT programs which can be done as self-help or guided by your own clinician. Translated coping tools. Users must ordinarily reside in Australia.  
<https://thiswayup.org.au/>



### Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options. Website designed for residents of Australia. Therapist support programs for use by people living in Australia only.  
<https://www.mentalhealthonline.org.au/>



### Are You Safe At Home?

Support to help you think about your safety at home in up to 15 languages. Referral to support services.  
<https://www.areyousafeathome.org.au/>

### Information Sites



#### Stress Less Tips

Evidence-based tips for uni students that can help support mental health and wellbeing by decreasing stress.  
<https://www.stresslesstips.org.au/>



#### ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps and ReachOut Next Step online referral tool.  
<https://au.reachout.com>



#### Transcultural Mental Health Centre

Mental health information and assessment tools for the community and health professionals and direct links to reliable translated health and wellbeing resources.  
<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre>



#### Conversations Matter

Resources to support workers in CALD communities in the safe discussion of suicide.  
<https://conversationsmatter.org.au/resources/resources-for-cald-communities/>



#### Centre for Culture, Ethnicity and Health

Health and wellbeing resources for people from refugee and migrant backgrounds.  
<https://www.ceh.org.au/>

### Phone Support



#### Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders.  
<https://butterfly.org.au/>  
1800 33 4673



#### QLife

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTIQ+) people.  
<https://qlife.org.au>  
1800 184 527



#### Full Stop

Telephone and online counselling for people whose lives have been impacted by an unwanted sexual experience or domestic violence.  
<https://fullstop.org.au>  
1800 385 578