


Digital Mental Health for Alcohol Use Problems


What is digital mental health?

Digital mental health allows you to access mental health tools and support using your phone or the internet. This includes online programs, forums, and mobile phone apps, as well as support over the phone, webchat or video call. These resources are free or low cost, easy to access, and research has shown that people find them helpful.

Psychological Intervention


A structured, interactive program or service that helps with a particular mental health concern.


- ☐  **Counselling Online**
Webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum for people using alcohol and other drugs.

- ☐  **SHADE**
A self-guided online program to help adults experiencing symptoms of depression and who are drinking alcohol or using other drugs.

Information


Learn more about what is going on and what getting better looks like.


- ☐  **Alcohol and Drug Foundation**
Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.


- ☐  **National Alcohol and Other Drug Hotline**
1800 250 015 (24/7)
Confidential phone support for people with alcohol or other drug concerns.

Screening and Referral

Check your symptoms and find further help.


- ☐  **Alcohol and Drug Foundation**
Path2Help
Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.


- ☐  **eClIPSE**
Portal to access self-assessments, craving management tools and programs for people (16yrs+) with a range of co-occurring mental health and substance use issues.


- ☐  **Hello Sunday Morning**
Strategies and self-assessment tool for people wanting to change their relationship with alcohol.

Symptom Management and Wellbeing Tools

Tools to help cope with mental health symptoms or improve mental wellbeing.


- ☐  **become**
Self-guided online program to support the wellbeing of people who have experienced trauma and use alcohol or other substances.

- ☐  **Pivot Point**
Information, self-assessment, tips and resources relating to alcohol and other drug use for people in the LGBTIQ+ community.

- ☐  **MyHeLP**
Self-directed online program or app providing skills to improve smoking and drinking habits, exercise, healthy eating, mood management and sleep quality.

Peer Support


Connect with others who have been in the same position. Peer support services do not offer crisis support.

- ☐  **Daybreak**
An app providing community support and tools to help people change their relationship with alcohol.

- ☐  **Breathing Space**
Secure app or web forum providing access to an online community of peers to improve wellbeing and resilience while supporting someone with drug or alcohol use.

Counselling

Support to work through a problem or crisis.

- ☐  **headspace**
1800 650 890 (9am-1am)
Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.

Follow-up plan:

This referral sheet is designed for healthcare professionals to use as a reference guide or as a resource to share with clients or patients. Other professionals are welcome to use or share this resource for general information purposes only and within the scope of their professional role.