







Digital Mental Health for Anxiety For Adolescents (12-17yrs)

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.

- ☐ **MOST**  **MOST** /  **Digital**
An on-demand digital support service to help young people (12-25yrs) going through a tough time. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.
- ☐ **THIS WAY UP**  **Teen Worry and Sadness** \$59 OR FREE WITH REFERRAL
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for teens (12-17yrs) with worry and low mood.
- ☐ **The BRAVE Program** 
Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.
- ☐ **Momentum** 
Tailored self-guided online treatment programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration required for young people under 16.
- ☐ **moodgym** 
An interactive, self-guided program for the prevention and management of symptoms of anxiety and depression (16yrs+).



Peer Support

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

- ☐ **REACHOUT** 
Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.
- ☐ **My Circle** 
A safe, confidential peer support platform for young people (12-25yrs) with mental health, relationship and substance use issues to connect and learn from each other.



Symptom Management and Wellbeing Tools

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

- ☐  **Mello**
An app to help young people (16-25yrs) break free of "stuck thinking" such as worry or rumination.
- ☐  **Mood Mission** \$7.99
An app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.


Counselling

Support to work through a problem or crisis.

- ☐  **OCD and Anxiety Helpline**
☎ 1300 269 438 or 03 9830 0533
Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people. Available Monday to Friday between 10am and 7pm.
- ☐  **Kids Helpline**
☎ 1800 55 1800 (24/7)
Online and phone counselling and information service for young people (5-25yrs).

Crisis

If you are in immediate danger, please call '000'

- ☐  **Lifeline**
☎ 13 11 14 (24/7)
Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.

Information

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

- ☐  **headspace**
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.
- ☐  **Beyond Blue**
Information, phone and webchat counselling, and peer support forums for people going through a tough time.

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.