

Digital Mental Health for Behaviour in Relationships

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.

Counselling

Support to work through a problem or crisis.



Changing for Good

Multi-session telephone counselling programs for **men** who want to develop healthy and respectful relationships with the people in their lives.



Mensline

☎ 1300 78 99 78 (24/7)
A telephone, video and online counselling service offering support to **men** in Australia.

If you or anyone else is in immediate danger, please call '000'

Crisis



Brother to Brother Crisis Line

☎ 1800 435 799 (24/7)
Crisis phone support line for **Aboriginal men** struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.

Information

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



Say It Out Loud

Toolkit for the LGBTIQ+ community on sexual, family and intimate partner violence and how to support each other.

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.

Symptom Management and Wellbeing Tools

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



Better Man

A tool supporting **men** to reflect on their behaviour in relationships and make positive changes.



Family Connect

Brief online tool teaching practical communication skills for children and their parents and caregivers to foster good mental health.



The Allen Adventure

An app teaching **children under 8 years** about important social skills to improve their relationships with peers.

Screening and Referral

Check your symptoms and find further help.



Men's Referral Service

☎ 1300 766 491
Counselling, information and referral phoneline supporting **men** who use violence and abuse to change their behaviour.

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.