

# Digital Mental Health for Chronic Pain, Chronic Conditions and Disability

## 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.*

- ☐ **MindSpot**  
Pain | Chronic Conditions  
Mental health self-assessment tool, information and online treatment programs with optional built-in therapist guided support for **adults** with various conditions.
- ☐ **THIS WAY UP** \$59 OR FREE WITH REFERRAL  
Chronic Pain  
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for **adults** with various mental health concerns.

### Peer Support

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

- ☐ **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.
- ☐ **ReachOut**  
Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.
- ☐ **CanTeen Connect**  
App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.
- ☐ **SANE**  
1800 187 263  
Counselling, peer support and information for **adults** with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.

### Symptom Management and Wellbeing Tools

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

- ☐ **Healthy Mind**  
Online easy read tool to help people build good mental health.
- ☐ **Finding My Way**  
Self-directed online program providing wellbeing skills for adults undergoing treatment for cancer.
- ☐ **MyHeLP**  
Self-directed online program or app providing skills to improve smoking and drinking habits, exercise, healthy eating, mood management and sleep quality.
- ☐ **Sunny**  
An app to support people with disability who have experienced violence and abuse understand what has happened and find appropriate support.

### Counselling

*Support to work through a problem or crisis.*

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

- Crisis

  - ☐ **Kids Helpline**  
1800 55 1800 (24/7)  
Online and phone counselling and information service for young people (5-25yrs).
  - ☐ **Suicide Call Back Service**  
1300 659 467 (24/7)  
Online, telephone and video counselling for people (15 yrs+) in Australia who are feeling suicidal or affected by suicide.
  - ☐ **13YARN**  
13 92 76 (24/7)  
Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.

**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.*