eMHprac
E-MENTAL HEALTH IN PRACTICE

QUT Queensland University of Technology   Black Dog Institute   UNIVERSITY CENTRE FOR RURAL HEALTH NORTHERN RIVERS   menzies school of health research

Digital Mental Health for Sleep

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.

THIS WAY UP   **$59 OR FREE WITH REFERRAL**
Insomnia
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for **adults** with various mental health concerns.

MOST
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.

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.

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

Beyond Blue
📞 *1300 33 4636 (24/7)*
Information, phone and web-chat counselling, and peer support forums for people going through a tough time.

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.

Symptom Management and Wellbeing Tools
Tools to help cope with mental health symptoms or improve mental wellbeing.

Sleep Ninja
An app to help young people **(12-16yrs)** improve their sleep quality.

myCompass
A self-guided toolkit to help **adults** with anxiety, low mood, and stress better manage their wellbeing.

Smiling Mind
Website and app teaching mindfulness meditation to **young people** and **adults** to improve mental wellbeing.

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

Open Arms
Self Help Tools
Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.

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.

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.