

Digital Mental Health for Culturally and Linguistically Diverse People

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.

Please Note: While the resources below have been translated into numerous languages, the majority were developed through an Australian cultural lens.

Psychological Intervention

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

THIS WAY UP

\$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 depression/anxiety or adults (18yrs+) with depression, anxiety disorders, OCD, PTSD, insomnia, stress or chronic pain. Perinatal and student programs available.



iCanQuit

Planning tools and online community support to quit smoking.

Symptom Management and Wellbeing Tools

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



Smiling Mind

Website and app teaching mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive.

Information

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



Alcohol and Drug Foundation

Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.



Positive Choices

A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.



Raising Children Network

Guidance for parents and caregivers to help families grow and thrive together.

Counselling

Support to work through a problem or crisis.

Gambling Help Online

☎ 1800 858 858 (24/7)



[Gambling Help Online](#)

Telephone and webchat counselling, online community, self-assessment, resources and self-guided modules to harness motivation and support the progress of anyone affected by gambling.

Beyond Blue

☎ 1300 22 4636 (24/7)



Information, phone and webchat counselling, and peer support forums for people going through a tough time. Not a crisis service.

Griefline

☎ 1300 845 745 (8am-8pm)



Free phone support line for adults (18yrs+) experiencing grief and loss. Also offers information, peer support forums, and online bereavement and voluntary assisted dying support groups.

Witness to War

☎ 1800 845 198 (Mon-Fri 10am-7pm)



A multilingual telephone counselling line for people in Australia affected by overseas conflict.

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

1800RESPECT

☎ 1800 737 732 (24/7)



Phone, video, SMS and webchat counselling for anyone who has experienced or is at risk of experiencing domestic, family, or sexual violence.

Lifeline

☎ 13 11 14 (24/7)



Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

Crisis

Follow-up plan:

To access a phone line with an interpreter through the Translating and Interpreting Service (TIS National) please call 131 450 and state your language.

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.