

Digital Mental Health for Depression For Adults

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**
Wellbeing Course | Wellbeing Plus Course | Mood Mechanic Course
Mental health self-assessment tool (with feedback), information and online treatment programs with optional built-in therapist guided support for adults (18yrs+) with various conditions.

THIS WAY UP

\$59 OR FREE WITH REFERRAL

- THIS WAY UP** ↑↑
Depression Program | Anxiety and Depression Program | Mindfulness-Enhanced CBT Program
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for adults (18yrs+) and teens (12-17yrs) with various mental health concerns.

Mental Health Online

- mentalhealthonline**
Depression Program | Depression Anxiety Program
Self-guided or therapist-guided mental health intervention programs for adults (18yrs+) with various mental health concerns. Virtual reality (VR) mindfulness tool.

moodgym

- moodgym**
An interactive, self-guided program for adults (16yrs+) for the prevention and management of symptoms of anxiety and depression.

The DEAL Project

- THE DEAL PROJECT**
A self-guided online program to help young people (17yrs+) experiencing symptoms of depression and/or drinking alcohol.

Peer Support

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

- 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.

Counselling

Support to work through a problem or 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.

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 all ages (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.
- Beyond Now** 
App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.
- MoRE** 
Self-guided online program and app providing skills for adults (18yrs+) experiencing depression and anxiety.

Screening and Referral

Check your symptoms and find further help.

- The Online Clinic**
Mental health self-assessment and personalised feedback for adults (18yrs+) with free or low-cost suggested support services. Not a substitute for professional assessment or clinical advice.

Information

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

- 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.

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.