

# Digital Mental Health for Domestic, Family and Sexual Violence

Please make sure it is safe to keep this handout

## 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.

#### Yarning SafeNStrong

☎ 1800 959 563 (24/7)

-  A service for Aboriginal and Torres Strait Islander People providing a safe space to yarn with someone about wellbeing, including financial wellbeing and drug and alcohol issues.

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

#### Full Stop Australia

☎ 1800 385 578 (24/7)

-  ☎ 1800 497 212 (24/7, for LGBTQIA+ community) Telephone and webchat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTQIA+ community.

#### 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.

Crisis

### Peer Support

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

#### SANE

☎ 1800 187 263 (Mon-Fri 10am-8pm)

-  Counselling, peer support and information for adults (18yrs+) with recurring, persistent or complex mental health issues and their support people.

#### ReachOut

Information website and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people (16-25yrs) seeking support to improve wellbeing. Not a crisis service.

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### Symptom Management and Wellbeing Tools

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

#### Beyond Silence

-  Online information modules for women who are worried about sex and consent in their relationships.

#### Sunny

-  An app to support people with disability who have experienced violence and abuse understand what has happened and find appropriate support.

#### Family and Friends Support Service

##### Domestic and Family Violence

-  Self-guided online wellbeing programs or apps for adults (18yrs+) supporting someone; using alcohol and/or other drugs, ice, and/or living in a rural/remote location. Additional program for adults experiencing domestic and family violence or supporting someone who is.

### Information

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

#### Say It Out Loud

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

### Screening and Referral

Check your symptoms and find further help.

#### Daisy

-  App connecting people experiencing domestic, sexual or family violence to service providers. Should only be downloaded if it is safe to do so.

### 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.