

# Digital Mental Health for Grief and Loss

## 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.*

#### Griefline

☎ 1300 845 745 (8am-8pm)

☎ 1300 920 552 (G'Day Line, 8am-8pm)



Free phone support line for **adults** experiencing grief and loss or G'Day Line for older Australians (**50yrs+**) seeking a sense of support and belonging. Also offers peer support forums and groups.

#### Guiding Light

☎ 1300 308 307 (24/7)



Online and telephone support for parents/ caregivers and families after the death of a child, with access to online peer support.

#### Kids Helpline

☎ 1800 55 1800 (24/7)



Online and phone counselling and information service for young people (**5-25yrs**).

### Peer Support

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

#### ReachOut



Information and individual webchat with a peer worker for young people seeking support to improve wellbeing.

#### 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.

#### SANE



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.*

#### eCouch



Online self-directed programs to help manage depression, worry, social anxiety, or wellbeing through separation/divorce or grief and loss (**16yrs+**).

### 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.*