

Digital Mental Health for Smoking or Vaping

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.

-  **My QuitBuddy** 
An app to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.
-  **Quit**
 13 7848
Phone counselling (with 'call back' option), online toolbox and resources, and personalised 12-week email program for people at any stage of trying to quit smoking or vaping.
-  **Quit Coach**
Free, personalised quitting plans to support people to quit smoking, with optional daily SMSs with tips and advice.

Information

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

-  **Alcohol and Drug Foundation**
Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.

Screening and Referral

Check your symptoms and find further help.

-  **Alcohol and Drug Foundation**
Path2Help
Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.

Symptom Management and Wellbeing Tools

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

-  **MyHeLP**
Self-guided online program or app that teaches adults (16yrs+) skills to recognize how lifestyle affects health and wellbeing, and make positive changes to exercise, eating, smoking, drinking, mood management, and sleep quality.

Peer Support

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

-  **iCanQuit**
Planning tools and online community support to quit smoking.
-  **REACHOUT**
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.
-  **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.

Counselling

Support to work through a problem or crisis.

-  **National Alcohol and Other Drug Hotline**
 1800 250 015 (24/7)
Confidential phone-based information, counselling and referral support for people with alcohol or other drug concerns.

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.