Digital Mental Health for Stress and Wellbeing

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.

☐ **THIS WAY UP** — $59 OR FREE WITH REFERRAL
Mindfulness-Enhanced CBT Program | Teen Worry and Sadness Program | Stress Management Program | Mindfulness Program | Student Wellbeing 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.

☐ **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.

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

Peer Support

Connect with others who have been in the same position.

☐ **eFriend**
Phone or video connection to a peer worker for people feeling low, lonely or isolated.

☐ **Friendline**
Phone line and webchat service for Australian adults **(18yrs+)** who want to reconnect by chatting with volunteers.

☐ **My Circle**
A safe, confidential, moderated peer support platform for young people **(12-25yrs)** going through challenges to connect and learn from each other. Not a crisis service.

☐ **QLife**
1800 184 527 (3pm-12am)
Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQA+ community.

Symptom Management and Wellbeing Tools

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

☐ **Family Connect**
Brief online tool teaching practical communication skills for children and their parents and caregivers to foster good mental health.

☐ **Mello**
An app to help young people **(16-25yrs)** break free of "stuck thinking" such as worry or rumination.

☐ **Stress Less Tips**
Tips to help support mental health and wellbeing by decreasing stress.

☐ **Moody Tunes**
Wellbeing app that aims to help young people **(13-25yrs)** recognise the impact of songs on their mood, by linking to users' Spotify playlists.

☐ **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.

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

☐ **Open Arms Self Help Tools**
Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.

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.

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