

# Digital Mental Health for Support People

## 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.

### Symptom Management and Wellbeing Tools

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

-  **Minds Together**  
Wellbeing programs for adult family and friends (18yrs+) of adults experiencing suicidal distress or following a suicide attempt (ACT or NSW only) and adult family and friends of paramedics who are experiencing mental health concerns (available nationally). Not a crisis service.
-  **You Are Not Alone**  
A website providing information for people (18yrs+) supporting someone who has suicidal thoughts or who has attempted suicide. Not a crisis service.
-  **CarerWell**   
Free online wellbeing program or app for adult friends and families of an adult person with brain cancer.
-  **FFSP**  
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.

### Peer Support

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

-  **Breathing Space**    
Secure app or web forum providing access to an online community of peers (16yrs+) to improve wellbeing and resilience while supporting someone with drug or alcohol use.
-  **SANE**  
Counselling, peer support and information for adults (18yrs+) with recurring, persistent or complex mental health issues and their support people.
-  **Dementia Australia**  
 1800 100 500 (24/7)  
Information, with access to counselling and peer support for anyone living with dementia or mild cognitive impairment and their carers, friends and families, available via phone or video.

### Counselling

*Support to work through a problem or crisis.*

-  **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.
-  **Carer Gateway**  
 1800 244 737 (Mon-Fri 8am-5pm)  
Free information website, phone counselling (18yrs+), and online peer support groups (18yrs+) as well as module-based online wellbeing skills course for unpaid carers.
-  **EDFA Fill the Gap**  
Video call counselling for adult support people and young supporters (10-17yrs) of people with an eating disorder. Not for someone experiencing their own eating concerns.

### Information

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

-  **Beyond Blue**  
Information, phone and webchat counselling, and peer support forums for people going through a tough time. Not a crisis service.

### Screening and Referral

*Check your symptoms and find further help.*

-  **Alcohol and Drug Foundation**  
**Path2Help**  
Self-check-in tool, information and Indigenous Wellbeing online program with optional therapist guided support for adults with worries and low mood.
-  **Inside Out Institute for Eating Disorders**  
Online self-assessment, information, and referral to face-to-face services for eating disorders for adults (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.*