

# Digital Mental Health Resources for Adolescents (12-17yrs)

Digital mental health resources are online programs, tools, apps, phone lines and video services that deliver mental health support. They can be used alone or with support from your doctor or therapist.

These resources are free or low cost, and easy to access at a time that suits you, with your phone or the internet. Some services even allow you to remain anonymous.

Your doctor, psychologist, or guidance counsellor can help you work out if you might need more support with your mental health.

For other relevant digital mental health resources see Medicare Mental Health or WellMob.

## Medicare Mental Health



☎ 1800 595 212 (Mon-Fri 8:30am-5pm, excl. public holidays)  
Connecting all Australians to mental health support.

## WellMob



Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

*This brief guide provides a list of digital mental health resources suitable for adolescents. This list is not exhaustive and represents only Australian products. For other relevant resources see Medicare Mental Health.*

*This guide is for general information purposes only and is not a substitute for professional mental health advice. For more information on mental health assessment or treatment, visit your GP or other mental health professional.*

*This brochure is not to be used for commercial purposes.*

## Counselling

Support to work through a problem.

### Beyond Blue



☎ 1300 22 4636 (24/7)  
Information, phone and webchat counselling, and peer support forums for people going through a tough time. Not a crisis service.

### Quit



☎ 13 7848  
Phone line, online planning resources, distraction tools, and personalised 12-week email program for people at any stage of trying to quit smoking or vaping.

## Information

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

### Headspace



Information, tools, phone and webchat support, and peer-led group chats to support young people (12-25yrs), parents, and caregivers in managing mental health, physical health, alcohol and other drugs and work & study.

### Stress Less Tips



Tips to help support mental health and wellbeing by decreasing stress.

## Crisis Counselling

Support to work through service distress or crisis.

**If you are in immediate danger please call "000" or go to an emergency department.**

### Kids Helpline



☎ 1800 55 1800 (24/7)  
Webchat and phone counselling and information service for young people (5-25yrs).

### Lifeline



☎ 13 11 14 (24/7)  
Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

### Suicide Call Back Service



☎ 1300 659 467 (24/7)  
Counselling for people in Australia who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).

### 13YARN



☎ 13 92 76 (24/7)  
Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.

### 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.

## Psychological Intervention

A structured, interactive program or service that helps with a particular mental health concern.

+ 👤 Guided support available from a clinician.

**MOST**     
**MOST** /  Digital  
An on-demand digital support service to help young people (12-25yrs) going through a tough time.

### THIS WAY UP

*Teen Worry and Sadness Program*

Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for adults and teens with various mental health concerns.



### The Brave Program

Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.



### Momentum

Tailored self-guided online intervention programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration is required for young people under 16.



### OCD? Not Me!

An eight-week self-guided online treatment program for young people (12-18yrs) with OCD.



### Butterfly Foundation

Information, self-assessment (14yrs+), webchat and phone counselling, peer support (16yrs+) and recovery programs (16yrs+) for individuals worried about eating disorders and body image issues and their support people.



### e-couch

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



### moodgym

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



## Peer Support

Connect with other who have been in the same position.

### QLife

☎ 1800 184 527 (3pm-12am)

Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community.



### 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.



### My Circle

A safe, confidential, moderated peer support platform for young people (12-25yrs) going through challenges to connect and learn from each other.



## Symptom Management and Wellbeing Tools

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

### Clearly Me



App for young people (12-17yrs) with bite-sized skills, coping strategies and mood tracking to support low moods and negative thoughts.



### 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.



### Mello

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



### Sleep Ninja

An app to help young people (12-16yrs) improve their sleep quality.



### MoodMission

An app for all ages (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety. \$7.99



### Beyond Now

App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.



### Smiling Mind

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

## Screening and Referral

Check your symptoms and find further help.



### Inside Out Institute for Eating Disorders

Online self-assessment, information, and referral to face-to-face services for eating disorders for adults (16yrs+).



### ADF Path2Help

Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.

## Aboriginal and Torres Strait Islander People

Resources to support connection to Country, culture, spirituality, family and community.



### AIMhi-Y

An app developed on the lands of the Larrakia and Arernte People for young Aboriginal and Torres Strait Islander People (12-25yrs) at risk of distress and suicide.



### Bunyarabugalma Youth

App developed with and by young Indigenous People (12-25yrs) on Bundjalung Country to strengthen wellbeing.