

Digital Mental Health Resources for Alcohol and Other Drug Use and Addictive Behaviours

Digital mental health resources are online programs and tools, apps, and other phone and video-based platforms that deliver mental health support. They can be used alone or in combination with support from your GP or face-to-face therapy.

These resources are based on research evidence, free or low cost, and easy to access at a time that suits you, with just a phone or an internet connection. Some services even allow you to remain anonymous.

If you are unsure what type of support you need or you find that you need a bit more help, you might need a professional assessment to work out why you are feeling this way. Your GP, mental health professional or Aboriginal and Torres Strait Islander health worker is a great place to start.

For other relevant 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 alcohol and other drug use and addictive behaviours. 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.

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.

Kids Helpline



☎ 1800 55 1800 (24/7)
Webchat and phone counselling and information service for young people (5-15yrs).

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.

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.

Screening and Referral

Check your symptoms and find further help.

ADF Path2Help



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

ASSIST Plus



Website for adults (16yrs+) with information, resources and a screening tool to detect risky substance use (18yrs+). Screening can be accessed through a portal or app (ASSIST Checkup).

Psychological Intervention

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

Counselling Online



Information, webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum (18yrs+) for people affected by alcohol and other drugs, including support people.



Crystal Clear

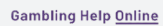
Brief online program to help people who use ice to reflect on their current use.



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.



Gambling Help Online

☎ 1800 858 858 (24/7)

Telephone and webchat counselling, online community, self-assessment, resources and self-guided modules to harness motivation and support the progress of anyone affected by gambling.



The DEAL Project

A self-guided online program to help young people (17yrs+) experiencing symptoms of depression and/or drinking alcohol.



SHADE

A self-guided online program to help adults experiencing symptoms of depression and who are drinking alcohol or using other drugs.

Peer Support

Connect with other who have been in the same position.



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.



Daybreak

An app providing community support and tools to help people (18yrs+) change their relationship with alcohol.

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.



Positive Choices

A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.



Between the Lines

Information, tips and resources, and self-assessment, for alcohol and other drug use for people in the LGBTIQ+ community.

Symptom Management and Wellbeing Tools

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



ADF Text the Effects

Anonymous SMS the name of a drug to receive information about its effects, signs of overdose, and tips to reduce harm. For people aged 13yrs+ with adult permission.



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.



become

Self-guided online program to support the wellbeing of adults (18yrs+) who have experienced trauma and use alcohol or other substances.



S-Check

A free, self-directed app to help people understand the impact of methamphetamine on different aspects of their health and wellbeing. Available through a research trial.



Family and Friend Support Service

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.



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.

Aboriginal and Torres Strait Islander People

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



Strong Spirit Strong Mind

An online hub promoting Aboriginal culture as central for strengthening social and emotional wellbeing, and reducing harm from alcohol and other drug use.



Headspace Yarn Safe

Resources for young Aboriginal and Torres Strait Islander People (12-25yrs) on mental wellbeing, stress and pressure, relationships and alcohol and drugs.



Yarning SafeNStrong

☎ 1800 959 563 (24/7)

A service for Aboriginal and Torres Strait Islander People providing a safe space to yarn with someone about wellbeing, including financial wellbeing and drug and alcohol issues.