

# Digital Mental Health for Obsessive Compulsive Disorder (OCD)

## 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.*

- MindSpot**  
OCD 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.

- THIS WAY UP** \$59 OR FREE WITH REFERRAL  
OCD 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.

- Mental Health Online**  
OCD Stop!  
Self-guided or therapist-guided mental health intervention programs for adults (18yrs+) with various mental health concerns. Virtual reality (VR) mindfulness tool.

- OCD? Not Me!**  
An eight-week self-guided online treatment program for young people (12-18yrs) with OCD.

### Peer Support

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

- 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.

- 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.

- 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.

### Counselling

*Support to work through a problem or crisis.*

- OCD and Anxiety Helpline**  
1300 269 438 or 03 9830 0533 (Mon-Fri 10am-7pm)  
Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people.

- Mensline**  
1300 78 99 78 (24/7)  
A telephone, video and webchat counselling service offering support to men in Australia.

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

- If you are in immediate danger, please call '000'**
- Lifeline**  
13 11 14 (24/7)  
Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

### Screening and Referral

*Check your symptoms and find further help.*

- The Online Clinic**  
Mental health self-assessment and personalised feedback for adults (18yrs+) with free or low-cost suggested support services. Not a substitute for professional assessment or clinical advice.

### 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.

- 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. Not a crisis service.

## 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.*