

# Digital Mental Health for Suicide Prevention

## 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.*

-  **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.
-  **The Ripple Effect** An online program to reduce stigma around suicide among men (30-64yrs) in farming communities. 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.

### Counselling






*Support to work through a problem or crisis.*

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






### Peer Support

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

-  **Peer CARE Companion Warmline**  1800 77 7337 A call-back peer support service for adults with lived experience of suicide to connect and cope with emotional distress. Not a crisis or counselling line.
-  **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.

### Information

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

-  **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.
-  **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.
-  **headspace**  1800 650 890 (9am-1am) 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.*