

# Digital Mental Health for Trauma and PTSD

## 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**  
PTSD 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.

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

#### THIS WAY UP

**\$59 OR FREE WITH REFERRAL**

- THIS WAY UP**  
Post Traumatic Stress 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.

- National Emergency Worker Support Service**  
Mental health check-up and pathways to help for Mental health check-up and pathways to help for emergency service workers and volunteers (18yrs+) manage the impact of trauma experienced at work. Access to up to 12 telehealth sessions with a trauma-informed clinical psychologist.

### 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.

### Symptom Management and Wellbeing Tools

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

- Beyond Silence**  
Online information modules for women who are worried about sex and consent in their relationships.

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

- OPEN ARMS**  
Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.

### Counselling

*Support to work through a problem or crisis.*

- Blue Knot**  
1300 657 380 (9am-5pm)  
Information and phone counselling for adults affected by abuse, neglect, or violence.

- Witness to War**  
1800 845 198 (Mon-Fri 10am-7pm)  
A multilingual telephone counselling line for people in Australia affected by overseas conflict.

- Full Stop Australia**  
1800 385 578 (24/7)  
1800 497 212 (24/7, for the LGBTIQ+ community)  
Telephone and webchat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTIQ+ community.

### 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.

**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.*