

Digital Mental Health for Anxiety For Adults

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**
Wellbeing | Wellbeing Plus | Mood Mechanic
Mental health self-assessment tool, information and online treatment programs with optional built-in therapist guided support for adults with various conditions.

- THIS WAY UP** \$59 OR FREE WITH REFERRAL
Generalised Anxiety | Social Anxiety | Health Anxiety | Panic | Anxiety and Depression | Worry and Rumination
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for adults with various mental health concerns.

- Mental Health Online**
Panic Stop | Social Anxiety | Depression Anxiety | Anxiety and Worry
Online self-assessment, VR mindfulness tool, and 12-week treatment programs with optional therapist guided support for various mental health conditions (18yrs+).

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

- e-couch**
Anxiety and Worry | Social Anxiety
Online self-directed programs to help people (16yrs+) manage depression, worry, social anxiety, or wellbeing through separation/divorce or grief and loss.

Peer Support

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

- SANE**
☎ 1800 187 263
Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.

Counselling

Support to work through a problem or crisis.

- OCD and Anxiety Helpline**
☎ 1300 269 438 or 03 9830 0533
Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people. Available Monday to Friday between 10am and 7pm.

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

Symptom Management and Wellbeing Tools

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

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

- Mood Mission** \$7.99
An app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.

- MyCompass**
A self-guided toolkit to help adults with anxiety, low mood, and stress better manage their wellbeing.

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 web-chat counselling, and peer support forums for people going through a tough time.

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.