

Digital Mental Health for Alcohol Use Problems

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.

Anyone who has been drinking alcohol heavily for a long time should first see their GP if they plan to quit. Stopping or cutting down suddenly can be dangerous. A GP can advise on safe ways to cut down alongside using digital resources.

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.

SHADE



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

The DEAL Project



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

Hello Change



Self-help online program to help adults better understand their drinking patterns and learn strategies to improve their relationship with alcohol.

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 tool also available via the ASSIST Checkup app.

Information

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

Alcohol and Drug Foundation

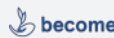


Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.

Symptom Management and Wellbeing Tools

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

become



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

Family and Friend Support Program



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. Additional program for adults experiencing domestic and family violence or supporting someone who is.

Counselling

Support to work through a problem or crisis.

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.

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.

Peer Support

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

Daybreak



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

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.