

Digital Mental Health for Chronic Pain, Chronic Conditions and Disability

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**
Pain Course | Chronic Conditions Course
Self-assessment tool, information and online intervention programs with optional built-in therapist guided support for adults (18yrs+) with various conditions.

☐ **THIS WAY UP** \$59 OR FREE WITH REFERRAL
Chronic Pain Program
Self-guided or own-clinician-supported self-assessment and mental health intervention and wellbeing programs for adults (18yrs+) and teens (12-17yrs) with various mental health concerns.

Peer Support

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

☐ **My Circle**
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 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.

☐ **CanTeen Connect** 
App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.

☐ **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.

☐ **Finding My Way**
Self-directed online program providing wellbeing skills for adults (18yrs+) undergoing treatment for cancer.

Counselling

Support to work through a problem or crisis.

☐ **Dementia Australia**
1800 100 500 (24/7)
Information, with access to counselling and peer support for anyone living with dementia or mild cognitive impairment and their carers, friends and families, available via phone or video.

☐ **Cancer Council**
13 11 20 (Mon-Fri 9am-5pm)
Web portal and helpline connecting Australians affected by cancer to information, advice, telephone peer support, an online community, and state-based cancer counselling services where available.

If you are in immediate danger, please call '000'

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

☐ **Suicide Call Back Service**
1300 659 467 (24/7)
Counselling for people who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).

☐ **13YARN**
13 92 76 (24/7)
Phone line for people feeling worried or no good to have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter.

Crisis

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.