

Digital Mental Health for Culturally and Linguistically Diverse People

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.

Please Note: While the resources below have been translated into numerous languages, the majority were developed through an Australian cultural lens.

Psychological Intervention

A structured, interactive program or service that helps with a particular concern.

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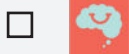
\$59 OR FREE WITH REFERRAL



Self-guided or own-clinician-supported self-assessment and mental health intervention and wellbeing programs for people with various mental health concerns. Depression program available in Mandarin (Chinese Traditional). Free translated coping tools and worksheets available in 9 different languages.

Symptom Management and Wellbeing Tools

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



Smiling Mind

Website and app teaching mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive. Series of meditations in Dari and Arabic.

Information

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



Alcohol and Drug Foundation

Information on talking about drug and alcohol use, reducing risk, and the effects of different drugs for individuals and those worried about someone else. Can be translated into over 100 languages.



Positive Choices

Portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use. Also offers parenting resources translated into Arabic, Hindi, and Simplified Chinese.



Raising Children Network

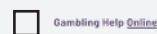
Guidance for parents and caregivers to help families grow and thrive. Translated resources available in 20 different languages, including videos in Auslan.

Counselling

Support to work through a problem or crisis.

Gambling Help Online

1800 858 858 (24/7)



Phone and webchat counselling, online community, self-assessment, resources and self-guided modules to harness motivation and support the progress of anyone affected by gambling. Website and tools available in 14 languages.

Beyond Blue

1300 22 4636 (24/7)



Chinese, Arabic, Vietnamese and Punjabi information resources on mental illness, depression and anxiety, supporting children's mental health, and how to get professional help. Phone and webchat counselling, and peer support forum on multicultural experiences.

Witness to War

1800 845 198 (Mon-Fri 10am-7pm)



Multilingual telephone counselling line for people in Australia affected by overseas conflict. Bicultural support workers and mental health practitioners can speak to callers with an interpreter.

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

1800RESPECT

1800 737 732 (24/7)



Counselling (phone/video/SMS/webchat) for anyone who has experienced or is at risk of experiencing domestic, family, or sexual violence. Website available in 29 languages other than English, with links to the national Translation and Interpreting Service (TIS) for the phone line.

Lifeline

13 11 14 (24/7)



Phone, SMS and webchat counselling and information for people experiencing distress and thoughts of suicide. Website available in 10 languages other than English including Italian, Nepali and Vietnamese.

Crisis

Follow-up plan:

To access a phone line with an interpreter through the Translating and Interpreting Service (TIS National) please call 131 450 and state your language.

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.