eMHprac
E-MENTAL HEALTH IN PRACTICE

QUT Queensland University of Technology | University Centre for Rural Health Northern Rivers | menzies School of Health Research

Digital Mental Health for Depression
For Adolescents (12-17yrs)

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.

☐ **MOST**
On-demand digital support service app to help young people **(12-25yrs)** going through a tough time.

☐ **THIS WAY UP** — $59 OR FREE WITH REFERRAL
Teen Worry and Sadness 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.

☐ **Momentum**
Tailored self-guided online intervention programs for young people **(7-17yrs)** to manage feelings of anxiety and unhappiness. Parent registration is required for young people under 16yrs.

☐ **moodgym**
Interactive, self-guided online program for adults **(16yrs+)** for the prevention and management of symptoms of anxiety and depression.

Symptom Management and Wellbeing Tools

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

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

☐ **Mood Mission** — $7.99
App for people **(adolescents and older)** to learn new strategies to cope with stress, low moods, and anxiety.

☐ **Clearly Me**
App for young people **(12-17yrs)** with skills, coping strategies and mood tracking to support low moods and negative thoughts.

☐ **Beyond Now**
App and web-based safety planning template to cope with suicidal thoughts. Should be used as part of a wider program of support.

Counselling

Support to work through a problem or crisis.

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

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

Crisis

☐ **Lifeline**
13 11 14 (24/7)
Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

☐ **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.

Peer Support

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

☐ **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.

☐ **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.

Information

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

☐ **Headspace**
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.

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.

Last updated 15 May 2026