

# Digital Mental Health for Grief and Loss

## 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.

### Counselling

*Support to work through a problem or crisis.*


#### Griefline

☎ 1300 845 745 (9am-8pm)

-  Phone support for adults (18yrs+) experiencing grief and loss. Also offers information, peer support forums, and video bereavement and voluntary assisted dying peer support groups.


#### Red Nose Grief and Loss

☎ 1300 308 307 (24/7)

-  Webchat and telephone support for parents/caregivers and families after the death of a baby or child, with access to online peer support.


#### Kids Helpline

☎ 1800 55 1800 (24/7)

-  Webchat and phone counselling and information service for young people (5-15yrs).


#### Beyond Blue

☎ 1300 22 4636 (24/7)

-  Information, phone and webchat counselling, and peer support forums for people going through a tough time.

#### MensLine

☎ 1300 78 99 78 (24/7)

-  Telephone, video and webchat counselling service offering support to men in Australia.

### 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.

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### 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.

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#### 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.

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#### SANE

Counselling, peer support and information for adults (18yrs+) with recurring, persistent or complex mental health issues and their support people.

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### Symptom Management and Wellbeing Tools

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

#### eCouch

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

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#### SMS4dads

Automated SMS tips for dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.

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### 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.*