

Digital Mental Health for Sleep

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**
Sleep Course
Self-assessment tool, information and online intervention programs with optional therapist guided support for adults (18yrs+) with various mental health concerns, including sleep issues.
- ☐ **THIS WAY UP** \$59 OR FREE WITH REFERRAL
Insomnia Program
Self-guided or own-clinician-supported self-assessment and mental health intervention and wellbeing programs for adults (18yrs+) with various mental health concerns, including insomnia.
- ☐ **MOST**
On-demand digital support app to help young people (12-25yrs) experiencing sleep problems or going through a tough time.
- ☐ **Momentum**
Tailored, self-guided online intervention programs for young people (7-17yrs) to manage feelings of anxiety and depression and commonly associated difficulties such as sleep problems.

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.

Symptom Management and Wellbeing Tools

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

- ☐ **Sleep Ninja**
App to help young people (12-16yrs) improve their sleep quality.
- ☐ **Smiling Mind**
Website and app teaching evidence-based mental fitness skills, including mindfulness meditation and building better sleep habits, to help people of all ages and stages thrive.
- ☐ **MyHeLP**
Self-guided online program or app that teaches adults (16yrs+) to recognize how lifestyle affects health and wellbeing, and make changes to exercise, eating, smoking, drinking, mood, and sleep.
- ☐ **Open Arms Self Help Tools**
Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.

Information

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

- ☐ **Beyond Blue**
 1300 33 4636 (24/7)
Information, phone and webchat counselling, and peer support forums for people going through a tough time.
- ☐ **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.

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.