

Digital Mental Health for Substance Use and Addictive Behaviours

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.

Anyone who has been using medication or drugs on a regular basis should first see their GP if they plan to quit. Stopping or cutting down suddenly can be dangerous. A GP can advise on safe ways to cut down alongside using digital resources.

Psychological Intervention

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

☐  **CRYSTAL CLEAR**
Brief online program to help people who use ice to reflect on their current use.

☐  **Counselling Online**
Information, webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum (18yrs+) for people affected by alcohol and other drugs, including support people.

☐  **Gambling Help Online**
Phone and webchat counselling, online community, self-assessment tools, and self-guided modules to harness motivation and support anyone affected by gambling.

☐  **SHADE**
Self-guided online program to help adults experiencing symptoms of depression and who are drinking alcohol or using other drugs.

Information

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

☐  **National Alcohol and Other Drug Hotline**
☎ 1800 250 015 (24/7)
Confidential phone-based information, counselling and referral support for people with alcohol or other drug concerns.

☐  **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.

Screening and Referral

Check your symptoms and find further help.

☐  **ADF Path2Help**
Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.

☐  **ASSIST Plus** 
Website for adults (16yrs+) with information, resources and a screening tool to detect risky substance use (18yrs+). Screening tool also available via the ASSIST Checkup app.

☐  **eClIPSE**
Portal to self-assessments, craving management tools and programs for people (16yrs+) with a range of co-occurring mental health and substance use issues.

Symptom Management and Wellbeing Tools

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

☐  **ADF Text the Effects**
☎ 0439 835 563
Anonymous SMS information about drugs, their effects, signs of overdose, and tips to reduce harm. For people aged 13yrs+ with adult permission.

☐  **become**
Self-guided online program to support the wellbeing of adults (18yrs+) who have experienced trauma and use alcohol or other substances.

Peer Support

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

☐  **Breathing Space** 
Secure app or web forum providing access to an online community of peers (16yrs+) to improve wellbeing and resilience while supporting someone with drug or alcohol use.

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.