


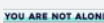



Digital Mental Health for Support People

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.

Symptom Management and Wellbeing Tools

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

-  **Minds Together**
Wellbeing programs for adult family and friends (18yrs+) of adults experiencing suicidal distress or following a suicide attempt (ACT or NSW only) and adult family and friends of paramedics who are experiencing mental health concerns (nation-wide). Not a crisis service.
-  **You Are Not Alone**
Information for people (18yrs+) supporting someone who has suicidal thoughts or who has attempted suicide. Not a crisis service.
-  **CarerWell** 
Online wellbeing program or app for adult friends and families of an adult person with brain cancer.
-  **Family and Friends Support Program**
Self-guided online wellbeing programs or apps for adults (18yrs+) supporting someone; using alcohol and/or other drugs, ice, and/or living in a rural/remote location. Additional program for adults experiencing domestic and family violence or supporting someone who is.

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.
-  **SANE**
Counselling, peer support and information for adults (18yrs+) with recurring, persistent or complex mental health issues and their support people.
-  **Dementia Australia**
 1800 100 500 (24/7)
Information, with access to counselling and peer support for anyone living with dementia or mild cognitive impairment and their carers, friends and families, available via phone or video.


Counselling

Support to work through a problem or crisis.

-  **Full Stop Australia**
 1800 385 578 (24/7)
 1800 497 212 (24/7, for LGBTQIA+ community)
Phone and webchat sexual, domestic and family violence counselling for survivors and their support people. Specialist phoneline for anyone from the LGBTQIA+ community.
-  **Carer Gateway**
 1800 244 737 (Mon-Fri 8am-5pm)
Information website, phone counselling (18yrs+), and online peer support groups (18yrs+) as well as module-based online wellbeing skills course for unpaid carers.
-  **Eating Disorders Families Australia**
Information sessions on identifying early signs of disordered eating in young people; virtual peer support groups for adult support people (18yrs+); and video call counselling for young (10-17yrs) and adult (18yrs+) support people of someone with an eating disorder.



Information

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

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

Screening and Referral

Check your symptoms and find further help.

-  **Alcohol and Drug Foundation**
Path2Help
Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.
-  **Inside Out Institute for Eating Disorders**
Online self-assessment, information, and referral to face-to-face services for eating disorders for adults (16yrs+).

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.