

## Digital Mental Health

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms, that may be self-driven or involve real time delayed interaction with a clinician or other support person.

Digital Mental Health services and programs allow Australians to access mental health information and support at any time and from any place

### DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

eMHPrac is funded by the Australian Government



For more information visit [emhprac.org.au](http://emhprac.org.au)

## Apps

### BeyondNow

An app and online version that involves creating a safety plan the user can work through when experiencing suicidal thoughts.

<http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>



### Breakup Shakeup

A behavioural activation app that provides fun, easy activities to do to help young people cope after a breakup.

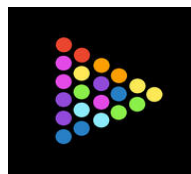
<https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8>



### Music eScape

Users can match music to their mood and create a 'music journey' to express, enhance or change their mood.

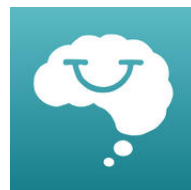
<https://itunes.apple.com/au/app/music-escape/id971949389?mt=8>



### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.

<https://smilingmind.com.au/>



### The Toolbox on ReachOut

Recommends mental health and wellbeing apps endorsed by mental health professionals and young people (13-25yrs).

<http://au.reachout.com/sites/thetoolbox>

**eMHprac**  
E-MENTAL HEALTH IN PRACTICE

Guide to Digital Mental Health  
programs and resources for  
young people

## Crisis Support



### Kids Helpline

Phone and real time web-based crisis support for youth (5-25 years).  
<https://kidshelpline.com.au/>  
1800 55 1800 (Phone: 24 hours)



### 1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else.  
1800 737 732 (24/7) [1800respect.org.au](http://1800respect.org.au)

## Counselling Support



### Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders.  
1800 334 673 [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)



### Counselling Online

Online 'chat' and phone counselling 24/7 for people concerned about their own or others drug or alcohol use  
1800 888 236 [counsellingonline.org.au](http://counsellingonline.org.au)



### CanTeen

Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer.  
<https://www.canteen.org.au/>  
1800 835 932 [support@canteen.org.au](mailto:support@canteen.org.au)



### eheadspace

Internet chat, email or phone support for young people (12-25 years) with a range of issues.  
<https://www.eheadspace.org.au/>  
1800 650 890



### Youth beyond blue

Information, online and phone counselling for young people (12-25yrs)  
1800 224 636 [youthbeyondblue.com](http://youthbeyondblue.com)



### QLife

Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI)  
1800 184 527 [qlife.org.au](http://qlife.org.au)

## Useful Programs & Websites



### BITE BACK

Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 years).  
<http://www.biteback.org.au/>



### The BRAVE program

An online program to help children (8-17) overcome anxiety. Comprises both youth and parent components.  
<http://brave4you.psy.uq.edu.au/>



### Clear Your Vision

An interactive online program to help young people change their cannabis use.  
<https://clearyourvision.org.au/>



### The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.  
<https://www.thedesk.org.au/>



### MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.  
<https://moodgym.anu.edu.au>



### Hello Sunday Morning

A website and app which aims to support any individual to cut back or take a break from using alcohol.  
[www.hellosundaymorning.org/](http://www.hellosundaymorning.org/)



### MindSpot

'Mood Mechanic Course' – An online program for stress, worry, anxiety and depression in people aged 18-24.  
<https://mindspot.org.au>



### Out & Online

An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25 years.  
<https://www.outandonline.org.au/>



### OCD? Not Me!

An online program with information, practical skills and support for young people (12-18 years) with OCD.  
<https://www.ocdnotme.com.au/>



### ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times.  
<http://au.reachout.com/>



### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.  
<https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8>



### So You've Been in an Accident

A website providing information and intervention for children aged 7-16 who have been in an accident.  
<http://www.conrod.org.au/kidsaccident/>