



## Digital Mental Health

For many people with mental health problems such as depression and anxiety online interventions can be as effective as face-to-face treatment, particularly if there is additional practitioner support (Griffith et al., 2010; Anderson & Hedman, 2013; Andrews et al., 2010; Andersson et al., 2014)

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

### 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.

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## Guide to Aboriginal and Torres Strait Islander Digital Mental Health resources



There is a range of digital mental health resources, programs and apps available and this is listed in this brochure is only a starting point. As a health and welfare worker it is important to investigate, evaluate and verify the content and credentials of any program or service that you use.



### YarnSafe

A promotional campaign run by headspace encouraging people to come and discuss issues in a safe space.  
[headspace.org.au/yarn-safe/](http://headspace.org.au/yarn-safe/)



### Hitnet

An online information kiosk for marginalised communities endeavouring to bridge the digital divide.  
[www.hitnet.com.au](http://www.hitnet.com.au)

### MindSpot

An online indigenous wellbeing course, providing information and skills to allow participants to gain better control over their symptoms and get back to living a full, satisfying life.  
[mindspot.org.au](http://mindspot.org.au)



### italk Library

An online resource communicating important messaging through video to bridge the language barrier.  
[www.italklibrary.com](http://www.italklibrary.com)



### Health Infonet

An online resource that informs practice and policy on Aboriginal and Torres Strait Islander health.  
[www.healthinfonyet.ecu.edu.au/about](http://www.healthinfonyet.ecu.edu.au/about)

### iBobbly

A suicide prevention app for Aboriginal youth, currently under trial.  
[digitaldog.org.au/programs/ibobbly-black-dog-institute/](http://digitaldog.org.au/programs/ibobbly-black-dog-institute/)



### Proppa Deadly

A project encouraging Aboriginal and Torres Strait Islander people to take action against depression & anxiety by sharing their stories.  
[www.bimaprojects.org.au/our-work/proppa-deadly/](http://www.bimaprojects.org.au/our-work/proppa-deadly/)



### Stayin' on Track

An online resource for Aboriginal dads, providing mentoring and support to stay on track and be good dads.  
[www.stayinontrack.com](http://www.stayinontrack.com)

### The Invisible Discriminator

A promotional campaign, run by beyondblue, aimed at increasing awareness of racism.  
[www.beyondblue.org.au/resources/for-me/stop-think-respect-home/the-invisible-discriminator](http://www.beyondblue.org.au/resources/for-me/stop-think-respect-home/the-invisible-discriminator)



### Stay Strong

A therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease, or substance misuse problems.  
[menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App](http://menzies.edu.au/page/Resources/Stay_Strong_iPad_App)

For further information on e-mental health resources and training please contact:

eMHPrac website: [www.emhprac.org.au](http://www.emhprac.org.au)

email: [emhprac@qut.edu.au](mailto:emhprac@qut.edu.au)