

## 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 or 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:

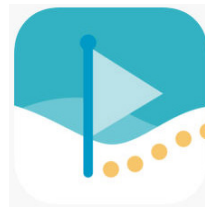
The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before 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



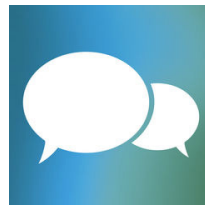
For more information visit [emhprac.org.au](http://emhprac.org.au)

## Apps



### BeyondNow

An app and online version that involves creating a safety plan the users can work through when experiencing suicidal thoughts.  
[beyondblue.org.au/get-support/beyondnow-suicide-safety-planning](http://beyondblue.org.au/get-support/beyondnow-suicide-safety-planning)



### The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.  
[beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app](http://beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app)



niggle

### Niggle

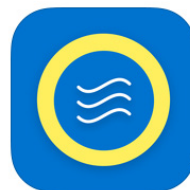
An app that helps young people track their wellbeing. A take home, self-help toolkit for all things related to mental, social and emotional wellbeing.  
<https://apps.apple.com/au/app/niggle-by-kids-helpline/id1440036153>



MoodMission

### MoodMission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.  
<http://www.moodmission.com/>



### ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone or Apple Watch.  
<http://itunes.apple.com/app/apple-store/id985891649?mt=8>



# eMHprac

E-MENTAL HEALTH IN PRACTICE

## A Brief Guide: Digital Mental Health Resources for Young People



## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources. [headtohealth.gov.au](http://headtohealth.gov.au)

## Crisis Support



#### Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs). [kidshelpline.com.au](http://kidshelpline.com.au)  
1800 55 1800 (Phone: 24hrs)



#### 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 (12-24yrs) cope with cancer.  
[canteen.org.au](http://canteen.org.au)  
1800 835 932 [support@canteen.org.au](mailto:support@canteen.org.au)



#### headspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.  
[headspace.org.au](http://headspace.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 (12-25yrs).  
[biteback.org.au](http://biteback.org.au)



#### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people. Includes child (8-12), teen (12-17), and parent components.  
<http://brave4you.psy.uq.edu.au>



#### The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.  
[thedesk.org.au](http://thedesk.org.au)



#### MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.  
[moodgym.anu.edu.au](http://moodgym.anu.edu.au)



#### This Way Up TeenSTRONG

Online course for teens transitioning into adulthood. Instructions available for referring therapist to provide support (fee involved).  
[thiswayup.org.au](http://thiswayup.org.au)



#### MindSpot

'Mood Mechanic Course' - An online program for stress, worry, anxiety and depression in people aged 18-25.  
[mindspot.org.au](http://mindspot.org.au)



#### Out and Online

An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25.  
[outandonline.org.au](http://outandonline.org.au)



#### Hello Sunday Morning

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



#### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.  
[itunes.apple.com/au/app/re-chargesleep-well-be-well/id878026126?mt=8](https://itunes.apple.com/au/app/re-chargesleep-well-be-well/id878026126?mt=8)



#### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.  
[smilingmind.com.au/](http://smilingmind.com.au/)



#### ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.  
[reachout.com](http://reachout.com)