

Digital resources for your mental health

If you listen to those psychology/therapist types, they'll tell you that the secret to mental health is good relationships, healthy lifestyle, work/life balance and healthy coping strategies (actually they are probably right).

Me, I like to bury myself in the internet (hello Youtube!!). That doesn't mean however there aren't some decent resources online for you to use if you'd like a mental health tune-up or find yourself struggling.

Chat to someone - anytime, anywhere (24 hours/7 days a week)

Feel the need to chat? Both old skool (telephone) and new skool (online chat) options are available.

Lifeline - Telephone and online counselling for people experiencing a personal crisis - <https://www.lifeline.org.au/> - 13 11 14

Beyond Blue Support Service - Telephone, online and email counselling for people going through a tough time - <https://www.beyondblue.org.au/get-support/get-immediate-support> - 1300 22 4636

Mensline - Forums, information, referral service and telephone, online and video counselling for me - <https://www.mensline.org.au/> - 1300 78 99 78

Samaritans Crisis Line - Anonymous, non-judgemental, non-religious emotional support and counselling over the phone - <http://www.thesamaritans.org.au/> - 135 247

If you are under 25 (you lucky thang!), you can also try:

eheadspace – Online/telephone service supporting young people and their families going through a tough time - <https://www.eheadspace.org.au/> - 1800 650 890

Kids Helpline - Phone and chat support for youth (5-25) - <https://kidshelpline.com.au/teens/> - 1800 55 1800

Do an online mental health or well-being course

Perhaps you'd like to go the next step and sign up to do an online mental health or well-being course. You'll learn specific evidence-based skills that you can apply across your life. Some of these courses are free. Some are at a small cost.

Mindspot - Free online assessments and courses on well-being, mood, obsessive compulsive disorder, post-traumatic stress disorder, Indigenous well-being and chronic pain - <https://mindspot.org.au/>

Mental Health Online - Online assessment and courses for stress, anxiety and depression - <https://www.mentalhealthonline.org.au/Default.aspx>

This Way Up - Online assessment and courses for anxiety, depression, mindfulness, insomnia, stress, and pain - <https://thiswayup.org.au/>

Centre for Clinical Interventions - Online modules for assertiveness, depression, body acceptance, self-compassion, managing feelings, anxiety, self-esteem, bipolar disorder, eating disorders, perfectionism, procrastination, and worry - <http://www.cci.health.wa.gov.au/resources/consumers.cfm>

Ontrack - Free online assessments and courses for depression, alcohol use, flood and storm recovery, and diabetes - <https://www.ontrack.org.au/web/ontrack/home>

myCompass - Interactive self-help service to promote resilience and well-being for people experiencing mild to moderate stress, anxiety and depression - <https://www.mycompass.org.au/>

My Digital Health - Free digital health programs for anxiety, depression, well-being, insomnia, mindfulness, post-traumatic stress disorder, and benzodiazepine reduction - <https://www.mydigitalhealth.org.au/>

Out and 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/Default.aspx>



This tip sheet was prepared by Dr Gareth Furber – eMental Health Project Officer at Flinders University Health, Counselling and Disability Services - <http://www.flinders.edu.au/current-students/healthandcounselling/>

Join a discussion forum or community

Do you like talking with other people in a similar situation? Perhaps a forum/community would work for you.

SANE - Carers and Lived Experience Forums - Peer-to-peer support for those experiencing or caring for someone with a mental illness - <https://saneforums.org/>

Mensline - Forums for men - <http://forum.mensline.org.au/Default.aspx>

BeyondBlue online forum - <https://www.beyondblue.org.au/get-support/online-forums>

Download an app

If you are anything like me, your mobile phone is a huge part of your life. Turns out there are some things more useful than Snapchat that you can put on there. Some of these have an accompanying website, but some you'll need to search for in your relevant app store (Apple or Android).

Mindgauge - An app that allows the user to easily and quickly measure and track their mental health, mood and lifestyle - <http://www.mindgauge.org.au/#/>

Moodmission - An evidence-based app designed to empower you to overcome low moods and anxiety by discovering new and better ways of coping - <http://moodmission.com/>

MoodPrism - Map your mood and learn more about yourself - <http://www.moodprismapp.com/>

Music eEscape - Matches your mood to music to help you express, enhance or change your mood - iOS only

my Quit Buddy - An app to help smokers quit - iOS and Android

New Roots - An app to support and build the health and well-being of men from Arabic, Farsi, and Tamil speaking backgrounds, who have recently arrived in Australia - iOS only

PTSD Coach Australia - An app that helps people understand and manage the symptoms of post-traumatic stress disorder - iOS and Android

ReachOut Breathe App - An app to help reduce the physical symptoms of stress and anxiety through breathing - iOS only

ReachOut WorryTime App - An app to help control everyday stress and anxiety by providing a place to 'store worries' - iOS and Android

Recharge - A six-week program designed to improve mood and energy levels by establishing a good sleep/wake routine - iOS only

Stay Strong App - Therapist-guided app for Indigenous people who have wellbeing concerns, chronic disease or substance misuse problems - iOS and Android

Hello Sunday Morning - Website and app which supports you to cut back or take a break from alcohol - <https://my.hellosundaymorning.org/>

Crisis and really tough times

These services are here for you when times are really tough.

1800 Respect - Telephone and online crisis and trauma counselling service to assist people experiencing the effects of sexual assault, domestic or family violence - <https://www.1800respect.org.au/> - 1800 737 732

Lifeline - Phone and real-time online crisis support and suicide prevention - <https://www.lifeline.org.au/> - 13 11 14

Suicide callback service - Phone and online counselling for people at risk of suicide or those bereaved by suicide - <https://www.suicidecallbackservice.org.au/> - 1300 659 467

Beyond now - A suicide safety planning app - <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

Daisy - An app connecting Australian women to abuse services - <https://www.1800respect.org.au/daisy/>

For a comprehensive list of programs and apps that you can browse by keyword visit - <http://www.emhprac.org.au/services/> - the content for this tip sheet was taken from that resource.