

# Digital resources for your mental health

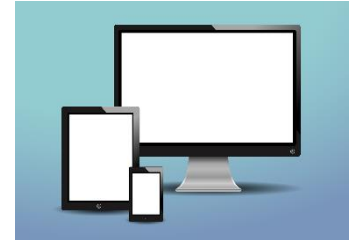
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## DIGITAL RESOURCES FOR YOUR MENTAL HEALTH

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

Regardless, 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 you find yourself struggling. A similar factsheet (from a different crew) can be found here:

<https://www.emhprac.org.au/wp-content/uploads/2021/01/Managing-Your-Mental-Health-Online-3.pdf>



### **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

**7Cups** – Free, anonymous and confidential online text chat with trained listeners - <https://www.7cups.com/>

**eFriend** – for anyone feeling down, stressed, lonely isolated or worried - <https://efriend.org.au/>

*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

Also, check out our 'Phone and Chat Services' handout that you can find on this page -

<https://blogs.flinders.edu.au/student-health-and-well-being/2020/06/30/phone-and-chat-services-for-just-about-everything/>



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### 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 generalised anxiety disorder, depression, social anxiety disorder, obsessive compulsive disorder, post-traumatic stress disorder and panic disorder - <https://www.mentalhealthonline.org.au/Default.aspx>

**This Way Up** - Online assessment and courses for depression, generalised anxiety disorder, mixed depression and anxiety, obsessive compulsive disorder, panic disorder, social phobia, post traumatic disorder, mindfulness based cognitive therapy, health anxiety, chronic pain, coping with stress, intro to mindfulness, managing insomnia - <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 - <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

**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, distress and suicidal thoughts, insomnia, mindfulness, post-traumatic stress disorder, and benzodiazepine reduction n - <https://www.mydigitalhealth.org.au/>

**Ecouch** - e-couch provides information about emotional problems - what causes them, how to prevent them and how to treat them. It includes exercises to help you understand yourself and others better. Even better, it provides you with a set of strategies that might help you to improve your life - <https://ecouch.anu.edu.au>

**Moodgym** – An interactive self-help book which teaches skills to prevent and manage symptoms of depression and anxiety - <https://moodgym.com.au/>

**Getselfhelp** – totally old school website with stacks of self-help resources based around cognitive behaviour therapy - <https://www.getselfhelp.co.uk/index.html>



Also, check out <https://headtohealth.gov.au/> for a lot more digital mental health programs and resources

### 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** – Forums for individuals struggling with mental health issues  
<https://www.beyondblue.org.au/get-support/online-forums>



Connect with and learn from people who have the same health condition as you at sites like **The Mighty** (<https://themighty.com/>), **Patients Like Me** (<https://www.patientslikeme.com/>) and **Health Unlocked** (<https://healthunlocked.com/>)

**TalkLife** – a peer support network which is safe place to talk about anything - <https://talklife.co/>

### 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/>

**Flinders Out-of-hours Crisis Line** – confidential support after-hours, on weekends and on public holidays – call 1300 512 409 or text 0488 884 103

**Ask Izzy** – search for all types of local support services - <https://askizzy.org.au/>



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## 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 them in your relevant app store (Apple or Android).*

**Affordable SA** – an app that lets you know what services are available in the community to help you manage the costs of living - <https://affordableesa.com.au/> - iOS and 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/>

**Moodfit** – Better understand, track and modify your mood - <https://www.getmoodfit.com/>

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

**iBobbly** – a social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and over - <https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app>

**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 - <https://www.ssi.org.au/resources/new-roots>

**PTSD Coach Australia** - An app that helps people understand and manage the symptoms of post-traumatic stress disorder - iOS and Android - <https://at-ease.dva.gov.au/resources/mobile-apps/ptsd-coach-australia-app>

**ReachOut Breathe App** - An app to help reduce the physical symptoms of stress and anxiety through breathing - iOS only - <https://au.reachout.com/tools-and-apps/reachout-breathe>

**ReachOut WorryTime App** - An app to help control everyday stress and anxiety by providing a place to 'store worries' - iOS and Android - <https://au.reachout.com/tools-and-apps/reachout-worrytime>

**Recharge** - A six-week program designed to improve mood and energy levels by establishing a good sleep/wake routine - iOS only - <https://au.reachout.com/tools-and-apps/recharge>

**Insight Timer** – thousands of meditations at your fingertips - <https://insighttimer.com/>

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

**Unwinding Anxiety** – mental wellness app that aims to help the user control their anxiety - <https://www.vichealth.vic.gov.au/media-and-resources/vichealth-apps/healthy-living-apps/unwinding-anxiety>

**HeadGear** – a guided 30-day mental fitness challenge designed to build resilience and wellbeing - <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/>

**ACT Companion** – an app based on Acceptance and Commitment Therapy - <http://www.actcompanion.com/>

**The Check-in App** – help take the fear out of having a conversation with a friend who might be struggling - <https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app>



This is just a small selection of apps. Check out the following app directories for more apps: <https://apps.beta.nhs.uk/>, <https://au.reachout.com/tools-and-apps>, <https://psyberguide.org/> and <https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/>

### Paid online therapy

Got some money to spare? These services provide unlimited text access to an online counsellor for a weekly/monthly fee.

**Better Help** - Tap into the world's largest network of licensed, accredited, and experienced counselors who can help you with a range of issues including depression, anxiety, relationships, trauma, grief, and more - <https://www.betterhelp.com/>

**Talkspace** - Talkspace makes therapy available and affordable for all - <https://www.talkspace.com/>

### COVID-19 specific digital mental health resources

*Because....well.....COVID*

SA Health have set up a **COVID-19 Mental Health Support hub** which provides links to a range of telephone and online services -

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/about+covid-19/help+and+advice/mental+health+support>

**Beyond Blue** have 24/7 Mental Health supports (phone, chat, forums, crisis) available - <https://coronavirus.beyondblue.org.au/>

**Lifeline** are always available via phone, text and chat - <https://www.lifeline.org.au/get-help/information-and-support/covid-19/>

**Head to Health** have a dedicated COVID-19 page outlining different mental health supports, including online supports - <https://headtohealth.gov.au/mental-health-difficulties/covid-19-ongoing-impact/covid-19-support>

**eMHprac** have a detailed list of online mental health programs that you can access - <https://www.emhprac.org.au/wp-content/uploads/2020/04/Managing-Your-Mental-Health-Online-2.pdf>

For a comprehensive list of programs and apps that you can browse by keyword visit - <http://www.emhprac.org.au/services/>

The website <https://headtohealth.gov.au/> is the Australian Government funded portal for finding good quality digital mental health resources.

A similar portal site is Beacon 2.0 which lists online applications by disorder - <https://www.beacon.anu.edu.au/>

Reachout has a good online tool for 18-25 year olds that helps you find different support options - <https://au.reachout.com/#nextstep>

One Mind Psyber Guide is another site I found recently that reviews mental health focused apps and digital health resources - <https://onemindpsyberguide.org/>



To let us know if this handout was helpful or not, please visit <https://bit.ly/2UXvHNg> and complete the brief questionnaire.