

Digital Mental Health for Young People

WHAT IS DIGITAL MENTAL HEALTH?

Digital mental health services are programs, tools or applications delivered online or over the phone. These are designed to help Australians of all ages with mild to moderate mental health symptoms. Some services can be used in crisis or as an 'in-the-moment' coping tool, while others are designed as full treatment interventions, with modules to complete over weeks or months. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

Digital mental health services are a great option for youth, as many are digital natives and already very familiar with online tools and apps. See below and overleaf for digital mental health services suitable for young people.

Scan to download a free PDF version from the eMHPrac Website



Crisis Support



Kids Helpline

☎ 1800 55 1800 (24/7)

Online and phone counselling and information service for young people (5-25yrs).



Beyond Blue

☎ 1300 22 4636 (24/7)

Information, phone and web-counselling, and peer support forums for people going through a tough time.



Lifeline

☎ 13 11 14 (24/7)

Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.



1800RESPECT

☎ 1800 737 732 (24/7)

Phone, video, SMS and webchat counselling for anyone who has experienced, or is at risk of, domestic, family, or sexual violence.

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

Head to Health

HEAD TO HEALTH

Connecting all Australians to mental health support.

Peer Support

REACHOUT

ReachOut

Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.



My Circle

A safe, confidential peer support platform for young people (12-25yrs) with mental health, relationship and substance use issues to connect and learn from each other.



CanTeen Connect

App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.



QLife

1800 184 527 (3pm-12am)
Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community.

Symptom Management and Wellbeing Tools



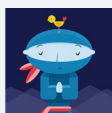
ReachOut WorryTime

An app to help manage anxiety and stress by setting aside time to address worries every day.



Bite Back

Six self-guided, weekly mental fitness challenges for young Australians (13-16yrs), to reduce stress and improve focus, friendships and emotional wellbeing.



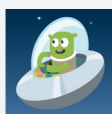
Sleep Ninja

An app to help young people (12-16yrs) improve their sleep quality.



Mello

An app to help young people (16-25yrs) break free of "stuck thinking" such as worry or rumination.



The Allen Adventure

An app teaching children under 8yrs about important social skills to improve their relationships with peers.

WHAT'S OK AT HOME

What's OK at Home? (WOAH)

A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.



Beyond Now

App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.

Psychological Treatment



The BRAVE Program

Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.



Cool Little Kids Online

\$180

A self-guided online program for parents or caregivers of shy or anxious children (3-6yrs). Registration costs \$180.



THIS WAY UP

Teen Worry and Sadness

Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for teens (12-17yrs) for various mental health concerns.



OCD? Not Me!

An eight-week self-guided online treatment program for young people (12-18yrs) with OCD.



Momentum

Tailored self-guided online treatment programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration required for young people under 16.



MOST

An on-demand digital support service to help young people (12-25yrs) going through a tough time. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.

Counselling



Butterfly Foundation

1800 33 4673

Information, self-assessment, online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.

Information



headspace

Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.



Positive Choices

A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.



Alcohol and Drug Foundation

Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.