









Digital Mental Health for High School Students

HOW CAN DIGITAL MENTAL HEALTH HELP?

High school can be an exciting time but it can also be demanding and stressful. As a high school student, you might face a range of issues such as bullying, friendship problems, relationship drama, family conflict, identity, sexuality, gender, body image and stress about assessment and study. These issues can have a big impact on you, and some young people can start to develop mental health symptoms such as anxiety and low mood.

Fortunately, help is available. You may be able to talk to your School Psychologist or Guidance Officer, but there are also other options.

Digital mental health services (programs or apps delivered online or over the phone) can offer you a free/low-cost and easily accessible option for mental health support, information and treatment. You can use the resources on your own (i.e., self-guided), with the help of an online health practitioner (if a program includes this), or alongside face-to-face treatment (if you're already seeing someone for help).



Scan to download a free PDF version from the eMHPrac Website



Crisis Support



Kids Helpline

Phone and webchat counselling for youth (5-25 yrs). https://kidshelpline.com.au/ 1800 55 1800 (24hrs)



QLife

Webchat and phone counselling for the LGBTIQA+ community. https://qlife.org.au/ 1800 184 527





Suicide Call Back Service (15+ yrs)

Phone and online counselling for people at risk of suicide or those bereaved by suicide. http://suicidecallbackservice.org.au/ 1300 6959 467

Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders. https://butterfly.org.au/ 1800 33 4673

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.

National Mental Health Website

HEAD T≏ HEALTH

REACHOUT

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Head to Health A website that links Australians to free or low-cost online and phone mental health services. https://www.headtohealth.gov.au/

Information Sites

ReachOut

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

Headspace

Information on issues faced by young people and how to best support them. https://headspace.org.au/explore-topics/ supporting-a-young-person/mental-ill-health/

Black Dog Bite Back

Online Programs

BITE BACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 yrs). https://www.biteback.org.au/

This Way Up 'Teen Worry and Sadness'

Own clinican assisted option available.

Online, self-guided CBT programs for a range of

mental health conditions and wellbeing issues,

including the 'Teen Worry and Sadness' program.



THE BRAVE PROGRAM.



Prevention, intervention, and treatment of anxiety in young people (3-17). https://brave4you.psy.uq.edu.au/

Indigenous Students

https://thiswayup.org.au/

WellMob



Website of culturally relevant social and emotional wellbeing resources for Aboriginal and Torres Strait Islander people. https://wellmob.org.au/



headspace Yarn Safe

Information and support for Aboriginal and Torres Strait Islander mental health. https://headspace.org.au/yarn-safe/



Apps

Niggle

Smiling Mind

about them.

MoodPrism

MoodMission

reachout-worrytime

A self-help toolkit for all things related to mental, social and emotional wellbeing. Available on Apple Store and Google Play. http://www.kidshelpline.com.au/niggle

A website and app teaching Mindfulness Meditation to young people and adults.

Available on Apple Store and Google Play.

An app to help control everyday stress and anxiety by giving you a place to store worries,

and alerting you when it's time to think

Available on Apple Store and Google Play.

https://au.reachout.com/tools-and-apps/

summary of their emotional health.

A free app designed to help individuals

Available on Apple Store and Google Play.

overcome low moods and anxiety by discovering new coping strategies.

http://www.moodprismapp.com/

An app that helps individuals learn about their

mood by transforming daily mood reports into a

https://www.smilingmind.com.au/

ReachOut Worry Time

















https://moodmission.com/ Breakup Shakeup An app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup.

Available on Apple Store. https://apps.apple.com/au/app/breakup-shakeup/id1017200579

YourCrew

An app that allows young people to ask for help when they need it most, from people they know and trust.

Available on Apple Store and Google Play. https://www.harrisonriedelfoundation.com/howwe-keep-young-people-safe/app-landing-page



