

Digital Mental Health

For many people with mental health problems such as depression and anxiety online interventions can be as effective as face-to-face treatment, particularly if there is additional practitioner support (Griffith et al., 2010; Anderson & Hedman, 2013; Andrews et al., 2010; Andersson et al., 2014)

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

DISCLAIMER:

The material 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 an individual to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

How can digital mental health resources help your service?

Australia is at the forefront of digital mental health (dMH). Digital mental health services and programs allow Australians to access mental health information and support from any place, at any time. Digital mental health services are useful tools that can enhance access and availability of mental health support by extending and optimising the work done in session or be used alongside other forms of therapy or support.

As a practitioner, set aside time to:

1. Explore the range of digital mental health resources available.
2. Consider the evidence and quality of the information and support they provide, along with its design and usability.

When looking to refer or utilise dMH with a client it is important to:

1. Match the right program or resource to the needs of the individual and their desired outcomes.
2. Assess how it will be used by your client.
3. Consider what support, assistance and follow up may be required.

eMHPrac is funded by the Australian Government



For more information visit emhprac.org.au

eMHprac
E-MENTAL HEALTH IN PRACTICE

A Brief Practitioner Guide to Mental Health Programs and resources

Crisis Support



KidsHelpline

Online 'chat' or email counselling for young people aged 5-25 years. Phone available 24/7. kidshelpline.com.au



Suicide Call Back Service

Provides national 24/7 professional telephone & online counselling for anyone affected by suicide. suicidecallbackservice.org.au



Lifeline

Online crisis support chat with a trained crisis supporter available every night. Phone available 24/7. lifeline.org.au/Get-Help



eheadspace

Online chat, email or phone support for young people aged 12-24 years with a range of issues. eheadspace.org.au

Information & Online Resources



BITE BACK

Promotes wellbeing & resilience in young people 12-18 years through psycho-education and related approaches. biteback.org.au



SANE Forums

Provide anonymous peer support for people living with a mental illness or related mental health issue, family, friends and carers. saneforums.org



ReachOut

Practical tools and support to help young people 14-25 get through everthing from everyday issues to tough times. reachout.com

Self Help Programs



The BRAVE Program

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



MoodGYM

Teaches skills from CBT to help prevent & manage symptoms of depression. Also useful for anxiety. moodgym.anu.edu.au



OCD? Not Me!

Online program with information, practical skills and support for young people (12-18) with OCD. *No longer funded after 2017* ocdnotme.com.au

Therapist Assisted Programs



Stay Strong (practitioner tool)

Mental health & substance misuse app. Structured, evidence-based intervention that is culturally appropriate for indigenous clients. menzies.edu.au/page/Resources/Stay_Strong_iPad_App

eCentre Clinic (under research trial)



Courses for adults & older adults including anxiety, OCD, PTSD & stress. Self-guided & therapist assisted courses. ecentreclinic.org

Mental Health Online



Information, automated assessment (optional), treatment programs, and the Made-4-me program. mentalhealthonline.org.au



THIS WAY UP

Courses for depression, anxiety, OCD and PTSD. Instructions available for referring therapist to provide support. thiswayup.org.au



The MindSpot Clinic

Provides assessment, recommendations & therapist supported courses. mindspot.org.au

Sites for Specific Areas



Blue Knot Foundation

Short term telephone and email counselling, info and resources for survivors of childhood trauma, families and professionals. blueknot.org.au



Butterfly Foundation

Information, web counselling, email/phone support & referrals for people concerned about eating disorders. thebutterflyfoundation.org.au



CanTeen

Online 'chat' or email/phone counselling & forums for people aged 12-24 years living with the impact of cancer. canteen.org.au



Counselling Online

Text-based or phone counselling 24/7 for people concerned about their own or another's drug or alcohol use. www.counsellingonline.org.au



What Were We Thinking?

Information, peer & professional support, interactive worksheets, videos & free app for first time parents & professionals. whatwerewethinking.org.au



1800RESPECT

Phone & online counselling for people seeking help for themselves or someone else in domestic violence situations. 1800respect.org.au



QLife

Online 'chat' or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people. qlife.org