

Digital Mental Health Resources 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.



Crisis Support



Kids Helpline

Phone and real time web-based crisis support for youth (5-25 yrs)
kidshelpline.com.au
1800 55 1800 (24hrs)



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.
lifeline.org.au
13 11 14



Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time.
beyondblue.org.au
1300 224 636 (24hrs)



1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.
1800respect.org.au
1800 737 732 (24hrs)

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources.
headtohealth.gov.au

Counselling Support



Butterfly Foundation

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



CanTeen

Phone, online and email counselling and forums to help young people (12-24yrs) cope with cancer.
canteen.org.au
1800 835 932
support@canteen.org.au



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.
headspace.org.au/eheadspace/
1800 650 890



QLife

Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI).
qlife.org.au
1800 184 527

Apps



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.
beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app



Niggle

A take home, self-help toolkit for all things related to mental, social and emotional wellbeing.
kidshelpline.com.au/niggle



MoodMission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.
moodmission.com



ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone or Apple Watch.
au.reachout.com/tools-and-apps/reachout-breathe



Ray's Night Out

An app to help youth (16-25yrs) increasing their awareness of their drinking limits and promote safer drinking practices.
<https://itunes.com/au/app/rays-night-out/id978589597?mt=8>

Useful Programs & Websites



Black Dog Institute

Bite Back

BITE BACK

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



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people. Includes child (3-7 and 8-12, teen (12-17), and parent components.
<http://brave4you.psy.uq.edu.au>



The Desk

Online tools, quizzes, information and forums to promote mental and physical wellbeing in students.
thedesk.org.au



MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.
moodgym.com.au



Livewire

Online community to help young people (12-20yrs) cope with serious/chronic illnesses or conditions.
<https://livewire.org.au>



This Way Up 'Teen Mental Health Course'

Free, online course for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription from a clinician.
thiswayup.org.au



MindSpot 'Mood Mechanic Course'

An online program for stress, worry, and anxiety and depression in people aged 18-25.
mindspot.org.au/mood-mechanic-course



Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.
au.reachout.com/tools-and-apps/recharge



Smiling Mind

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



ReachOut

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



BeyondNow

An app and online tools that involves creating a safety plan the users can work through when experiencing suicidal thoughts.
beyondblue.org.au/get-support/beyond-now-suicide-safety-planning



Bullying. No Way!

Information, resources and activities for bullying education and prevention.
bullyingnoway.gov.au



OCD? Not Me!

Online program including information, practical skills and support for young people (12-18yrs) with OCD.
www.ocdnotme.com.au/

*DISCLAIMER

The information 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 a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.