



## ONLINE MENTAL HEALTH RESOURCES

Today we bring to you a variety of digital and online resources people can access and use to manage mental health and wellbeing. Digital mental health services and programs allow Australians to access mental health information and support from any place, at any time. Living in rural areas where limited face to face services exist, these are very valuable services and resources.

Digital Mental Health includes services, programs or applications, delivered via online, mobile or phone-based platforms. They may be self-driven or practitioner guided and can also be used alongside other forms of therapy or support. Many people with mental health problems can find online interventions helpful.

Australia is an international leader in the development of digital mental health

resources and there are now a range of reputable Australian institutions and organisations using evidence-based resources and providing online mental health treatment programs, information, and phone and web-based support.

Some of these resources are online cognitive behavioural therapy programs, and it has been shown they can be effective for anxiety, depressive disorders, panic disorder, post-traumatic stress disorder, insomnia, pain management and phobias.

Online delivery also has the added advantages of anonymity, convenience and cost-effectiveness. It makes it accessible for more people, especially in rural and remote areas, and it is often free, making it affordable.

Be sure to jump online and look at these great sites. It might change a life.

<h3>Digital Mental Health Gateway</h3> <p><b>Head to Health</b> A website that links Australians to online and phone mental health services, information and resources. <a href="http://headtohealth.gov.au">headtohealth.gov.au</a></p>	<h3>Self Help Programs</h3> <p><b>Centre for Clinical Interventions</b> Self-help workbooks and modules for a range of mental health issues. <a href="http://www.cci.health.wa.gov.au/resources/consumers.cfm">http://www.cci.health.wa.gov.au/resources/consumers.cfm</a></p>	<h3>Sites for Specific Issues</h3> <p><b>MensLine Australia</b> Advice, therapy and support for men with families and relationship concerns. 1300 78 99 78 <a href="http://www.mensline.org.au">www.mensline.org.au</a></p>	<h3>Apps</h3> <p><b>BeyondNow</b> An app and online version that involves creating a safety plan that users can work through when experiencing suicidal thoughts. <a href="http://beyondblue.org.au/get-support-beyondnow-suicide-safety-planning">beyondblue.org.au/get-support-beyondnow-suicide-safety-planning</a></p>
<h3>Crisis Support</h3> <p><b>Lifeline</b> 24/7 phone counselling, and online crisis support chat available each evening. <a href="http://lifeline.org.au/Get-Help">lifeline.org.au/Get-Help</a></p>	<h3>MoodGYM</h3> <p>Teaches skills from CBT to help prevent &amp; manage symptoms of depression. Also useful for anxiety. <a href="http://moodgym.anu.edu.au">moodgym.anu.edu.au</a></p>	<h3>Blue Knot Foundation</h3> <p>Short term telephone and email counselling, info and resources for survivors of childhood trauma, families and professionals. <a href="http://blueknot.org.au">blueknot.org.au</a></p>	<h3>ReachOut Breathe App</h3> <p>An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile or Apple Watch. <a href="http://itunes.apple.com/app/apple-store-id985891649?mt=8">itunes.apple.com/app/apple-store-id985891649?mt=8</a></p>
<h3>Suicide Call Back Service</h3> <p>National 24/7 professional telephone &amp; online counselling for anyone affected by suicide. <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a> 1300 659 467 (24 hrs)</p>	<h3>MyCompass</h3> <p>myCompass offers an online interactive self-help CBT service for people suffering from depression, anxiety and stress. <a href="http://mycompass.org.au">mycompass.org.au</a></p>	<h3>Butterfly Foundation</h3> <p>Information, web counselling, email/phone support &amp; referrals for people concerned about eating disorders. <a href="http://thebutterflyfoundation.org.au">thebutterflyfoundation.org.au</a> 1800 33 7673 (8am-12am)</p>	<h3>MoodPrism</h3> <p>An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health. <a href="http://www.moodprismapp.com">www.moodprismapp.com</a></p>
<h3>Beyond Blue Support Service</h3> <p>Telephone, online and email counselling for people going through a tough time. <a href="http://beyondblue.org.au/get-support/get-immediate-support">beyondblue.org.au/get-support/get-immediate-support</a> 1300 224 636 (24 hrs)</p>	<h3>THIS WAY UP</h3> <p>App and online CBT course for a range of different issues. Self help and clinician assisted options available. <a href="http://thiswayup.org.au">thiswayup.org.au</a></p>	<h3>High Res</h3> <p>An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bound back. <a href="http://www.at-ease.dva.gov.au/higres">www.at-ease.dva.gov.au/higres</a></p>	<h3>MoodMission</h3> <p>An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. <a href="http://www.moodmission.com">www.moodmission.com</a></p>
<h3>1800RESPECT</h3> <p>Phone &amp; online counselling for people seeking help for themselves or someone else in domestic violence situations. <a href="http://1800respect.org.au">1800respect.org.au</a> 1800 737 732 (24 hrs)</p>	<h3>Therapist Assisted Programs</h3> <p><b>The Mindspot Clinic</b> Offers free courses for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. <a href="http://mindspot.org.au">mindspot.org.au</a></p>	<h3>Counselling Online</h3> <p>Text-based or phone counselling 24/7 for people concerned about their own or another's drug or alcohol use. <a href="http://counsellingonline.org.au">counsellingonline.org.au</a> 1800 888 236</p>	<h3>Snapshot</h3> <p>An app designed for Australian adults to help monitor and manage their depression or anxiety directly. <a href="http://www.blackdoginstitute.org.au/getting-help/self-help-tools-app/snapshot">www.blackdoginstitute.org.au/getting-help/self-help-tools-app/snapshot</a></p>
<h3>Information Sites</h3> <p><b>Beyond Blue</b> Information on a range of mental health issues. <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p>	<h3>Mental Health Online</h3> <p>Free online programs for a range of issues, with self-guided or therapist support options. <a href="http://mentalhealthonline.org.au">mentalhealthonline.org.au</a></p>	<h3>Parent Works</h3> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies. <a href="http://www.parentworks.org.au">www.parentworks.org.au</a></p>	<h3>QLife</h3> <p>Online 'chat' or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people. <a href="http://qlife.org.au">qlife.org.au</a> 1800 184 527 (5.30pm-10.30pm)</p>
<h3>SANE Australia</h3> <p>Information on mental health disorders and treatment, and moderated forums providing peer-to-peer support. <a href="http://www.sane.org">www.sane.org</a></p>	<h3>New Access</h3> <p>Assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. <a href="http://www.beyondblue.org.au/get-support/newaccess">www.beyondblue.org.au/get-support/newaccess</a></p>	<h3>MumSpace</h3> <p>Apps, PND treatment and information supporting emotional wellbeing of new mums. <a href="http://mumspace.com.au">mumspace.com.au</a></p>	

The Deniliquin Mental Health Awareness Group (Deni MHAG) is a local not-for profit, charitable group that has been in existence since 2003, raising awareness of mental health and signposting the way to services in our local community. We have an active website, currently being updated, where these resources can be found with all the digital links. Information on all local mental health services and pathways are also available on the website.

We work closely with Channel4Change, an initiative to raise funds and awareness about rural and youth mental health. These pages have been made possible with funding from C4C initiative.



Deniliquin Mental Health Awareness Group

Together we can make our community kinder and more supportive for people.

[www.denimentalhealth.org.au](http://www.denimentalhealth.org.au)

[www.channel4change.com.au](http://www.channel4change.com.au)

