

LOW INTENSITY MENTAL HEALTH SERVICES & DIGITAL HEALTH DIRECTORY



Low Intensity & Digital Mental Health Services provide individuals with easy access to information, improved communication and convenience in education. Digital technology is cost effective, efficient and productive in a person's health outcomes.

An individual is able to access supports that can be utilised before approaching their GP or health service. There is a whole range of online services and programs that an individual can access.

MENTAL HEALTH

⌘ MyCompass App

\$Free (minimal downloading fee)

Depression & anxiety

- Cognitive behavioural therapy (CBT) program for mild to moderate depression and anxiety.

⌘ Big White Wall App

\$24. Month

Self-esteem, depression, anxiety, breakups, loss of job, bullying.

- Online community of people who are anxious, down or not coping who support & help each other by sharing what's troubling them & being guided by trained professionals.

⌘ MoodGym Training Program

\$Free

Stress, self-esteem, problem emotions, depression

- Understanding of emotions and how to modify them. Learning CBT skills for preventing & coping with depression.

⌘ Moodkit App

\$8. Joining fee

Improving mood, unhealthy thinking, wellbeing

- Designed to help you apply effective strategies of professional psychology to everyday life.

⌘ Black Dog Institute 'StepCare'

\$Free within PHN Hubs

Anxiety & depression

- Online assessment & feedback, offering online CBT & traditional forms of treatment.

⌘ This way up Program

\$60.

Anxiety, depression, mindfulness

- Courses clinically proven to lesson anxiety and depression

⌘ Lantern Program

\$Free

Stress, anxiety, body image

- Combined CBT with advice from real experts. Users are matched with a professional coach to provide feedback and advice.

⌘ Optimism App

\$Free

Depression, bipolar, other mental health issues

- Helps to detect patterns in mood, creating a way to identify triggers & other things that affect a person's mental health.

⌘ Talkspace

\$25 week

Emotions, stress, relationships

- Connecting individuals to licensed therapists via anytime messaging.

⌘ New Access online coaching

\$Free

Stress, family problems, health concerns, loneliness, financial worries

- Free & confidential support to help set goals and get you back on track.

⌘ **Ecouch program**

\$Free

Emotional problems, anxiety & depression

- Tools to improve mood, emotional state and tackle challenges

⌘ **Snapshot app**

\$Free

Stress, social support, anxiety & depression

- Measures & monitors mental health & wellbeing. Provides feedback & resources to increase user's knowledge of their mental health & encourage help seeking behaviour

⌘ **Beyond Blue 24/7 Information Hotline**

\$Free

Anxiety & Depression

- 1300 224 636

⌘ **Men's 24/7 Referral Service**

\$Free

Violence, controlling behaviour

- 1300 766 491 Information & referral for men wanting to stop their violent, abusive or controlling behaviour.

⌘ **SANE Australia**

\$Free

Mental illness

- 1800 187 263 Mental Illness advice, where to go for support & referrals.

⌘ **Mental Health Line**

\$Free

- 1800 011 511

Telephone support & referral

⌘ **Mensline Australia**

\$Free

Relationships, Mental health

- 1300 789 978 Telephone & online support, information & referral service. Helping men to deal with relationship problems in a practical & effective way.

⌘ **ATAPS – Access to allied psychological services**

\$Free – Referral from GP

Mild to moderate mental illness

- Provides short term psychological interventions within a primary care setting.

⌘ **BEING**

\$Free

Lived Experience of Mental Illness

- Network for people with a lived experience of mental illness



DRUG & ALCOHOL

⌘ AODConnect app

\$Free

Alcohol & drug abuse

- National directory of Alcohol & other drug treatment services for ATSI people.

⌘ Cassava

\$Free

Mental Health, emotions, physical health, mindfulness, relapse & relationships

- Help app users locate support group meetings, recovery related articles and information.

⌘ On track with the right mix App

\$Free

Alcohol use

- Helps individuals keep track of drinking over time to understand the impact it has on their short & long term health.

⌘ My Quit Buddy App

\$Free

Quit smoking

- Individuals can track their quitting process, set goals & milestones.

⌘ Hello Sunday Morning 'Daybreak' Program

\$Free to users within PHN Hubs

Alcohol users

- Help improve people's relationship with alcohol

⌘ Overcoming Addictions program

\$Free

Alcohol addiction

- Confidential & interactive app that can help you achieve and maintain abstinence from addictions.

⌘ NSW Alcohol & Drug Information line

\$Free

Alcohol & Drug addiction/abuse

- 1800 422 599

⌘ Alcohol & Drug 24/7 information & support

\$Free

Alcohol & Drug addiction/abuse

- 1300 374 837



SUICIDE PREVENTION

⌘ **iBobbly App**

\$Free

Depression, suicide & wellbeing

- Suicide prevention app designed for indigenous people. Delivers treatment based therapy in a culturally relevant way.

⌘ **Beyond Now App**

\$Free

Depression, suicide & wellbeing

- Overall mental wellbeing & safety strategy. 'Safety plan in your pocket'.

⌘ **MY3 App**

\$Free

Suicidal thoughts

- Plan to stay safe, reach out to others & help yourself.

⌘ **LIFE – Living is for everyone Resource**

\$Free

Suicide Awareness

- Improve understanding of suicide & raising awareness

⌘ **Mind blank**

\$Free

Suicide Awareness

- Mental health awareness & education programs

⌘ **Beyond Blue**

\$Free

Suicide Education & Awareness

- Information & tools to help you stay safe, look after yourself & others.

⌘ **Conversations Matter**

\$Free

Suicide Awareness

- Resource for discussing suicide

⌘ **Lifeline Hotline**

\$Free

Suicide hotline

- Crisis support/Suicide prevention
13 11 14

⌘ **Suicide Callback Service**

\$Free

Suicide hotline

- Online counselling
1300 659 467

⌘ **Hopeline App**

\$Free

Suicidal, addictions, cutting yourself abuse

- Chat confidentially with a hope coach, request an email mentor, daily encouragement & access to blogs.

⌘ **Conversations Matter**

\$Free

Suicide Awareness

- Tips & tools to start conversations face to face or in a group about suicide.



Western Health Alliance Limited trading as Western NSW PHN

First Floor, 187 Brisbane Street | PO Box 890 | DUBBO NSW 2830

: 1300 699 167 | F: 1300 699 168 | W: www.wnswphn.org.au | ABN 59 605 922 156

HEALTH & WELLBEING

⌘ Healthdirect App

\$Free

Everyday Health

- Helps individuals make informed decisions about their overall health.

⌘ Reachout.com

\$Free

Relationships, health, bullying, violence, fitness, thoughts & emotions, anxiety & depression.

- Endless amount of educational material/apps that can be downloaded for a variety of topics.

⌘ Reactivate Wellbeing Challenge App

\$38.50

Exercise, Finance, Nutrition, social, mindfulness, sleep, work

- Improving wellbeing using a diverse range of methods.

⌘ Get Healthy Service

\$Free

- 1300 806 258 Telephone support by qualified health coaches regarding healthy eating, physical activity & weight maintenance

⌘ Parent Line NSW

\$Free

- 1300 130 052 Telephone counselling, information & referral service for parents of children aged 0-18

⌘ Smiling Mind App

\$Free

Bring balance to your life

- Modern meditation for young people – designed to bring balance to young lives.

⌘ Breath2Relax App

\$Free

Stress

- Developed to reduce stress, stabilise mood, control anger & manage anxiety.

⌘ SHUTI Program

\$135.

Depression, suicidal ideation, anxiety

- Innovative online program using CBT for insomnia

⌘ Domestic Violence 24/7 Helpline

\$Free

- 1800 011 511



YOUTH MENTAL HEALTH

⌘ Kids Help Line

\$Free

Youth Mental Health

- 1800 551 800: Private and confidential, telephone and online counselling service.

⌘ Reachout.com

\$Free

Youth Mental Health

- Share online information on tough times, drugs, sex & friends for 14-25 year olds.

⌘ Headspace

\$Free

Youth Mental Health

- Early intervention mental health services, resources and counselling.

⌘ Mind blank

\$Free

Youth Mental Health

- Mental health awareness & education programs

⌘ MindHealthConnect

\$Free

Youth Mental Health

- Wellbeing information, support & services

⌘ Youthbeyondblue

\$Free

Youth Mental Health

- Youth program empowering young people aged 12-25.

⌘ ACON

\$Free

LGBTIQ People

- Health Information & support for LGBTIQ people.



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