

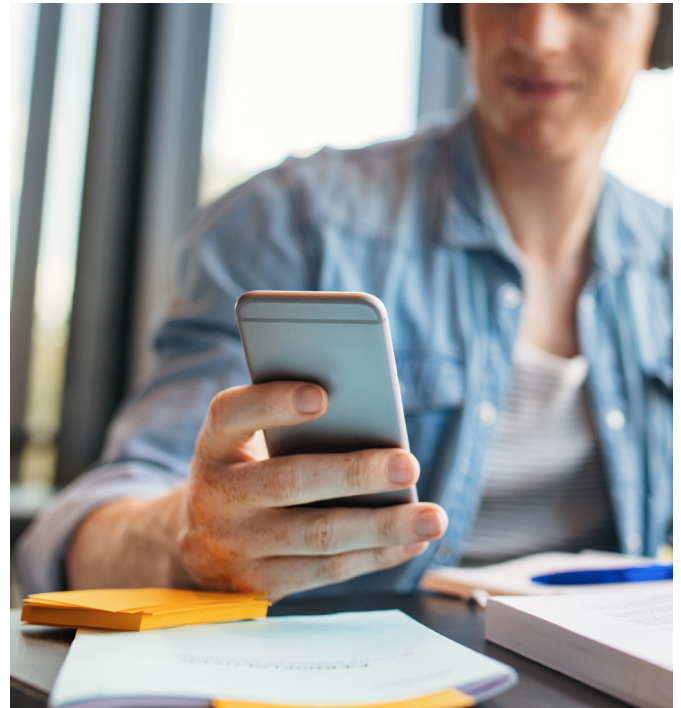
Digital Mental Health for High School Students

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).



Crisis Support



Kids Helpline

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



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



eheadspace

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



Butterfly Foundation

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



QLife

Webchat and phone counselling for the LGBTQI+
community.
qlife.org.au
1800 184 527

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low cost online and phone mental health services, information and resources.
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.
au.reachout.com



Headspace

Information on issues faced by young people and how to best support them.
headspace.org.au/friends-and-family/

Online Programs



BITE BACK

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



This Way Up 'Teen Mental Health'

Self-paced online CBT courses for a range of issues, including 'Teen Mental Health' course. Courses can be done as self-help or guided by your own clinician.
<http://www.thiswayup.org.au>



The Brave Program

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

Indigenous Students



WellMob

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



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>



headspace Yarn Safe

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

Apps



Niggle

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>



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.
Available on Apple Store and Google Play.
smilingmind.com.au



ReachOut Worry Time

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 about them.
Available on Apple Store and Google Play.
<https://au.reachout.com/tools-and-apps/reachout-worrytime>



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 (OS) or apple watch.
Available on Apple Store.
<http://www.au.reachout.com/tools-and-apps/reachout-breathe>



Recharge

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



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.
Available on Apple Store and Google Play.
moodmission.com



The Check-in App

An app to help young people take the fear out of having a conversation with a friend who might be struggling.
Available on Apple Store and Google Play.
<https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app>



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](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.harrisonriedfoundation.com/who-we-are/the-yourcrew-app>

*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.