

Technology toolbox

This toolbox is an example of how a school might classify technology for mental health promotion. Use this toolbox to explore how providing information, developing skills and supporting online communications can improve mental health.

FOR STUDENTS



INFORMATION

Young people today are used to getting information from the internet about things that matter to them. When it comes to mental health and wellbeing, they may need some guidance to find the most appropriate resources, which could include:

- information and fact sheets on topics that can be tricky to ask school staff or adults about
- online courses to manage challenges such as anxiety or depression
- tips to improve or manage relationships.

[Youth beyondblue](#)

Information, resources and support for young people dealing with depression, anxiety and suicide. (*beyondblue*)

[Brave Program](#)

Online Program for young people experiencing anxiety and their parents. (University of Queensland)

[ReachOut](#)

Online information helping young people with everyday questions through to tough times. (ReachOut)

[Take a stand together – Bullying. No Way!](#)

Tailored online information for students on bullying. (Department of Education)



PRACTICE

Young people can help themselves get through some of the tough times in adolescence by learning and practicing useful skills and habits. There's a wide range of apps out there that can help build these positive approaches by helping young people to:

- develop resilience and coping skills
- track and manage their mood and thoughts
- improve their learning and communication skills
- track physical health, including sleep, movement and nutrition.

[Reachout Toolbox](#)

A collection of endorsed health and wellbeing apps such as ReachOut Recharge, ReachOut WorryTime and ReachOut Breathe. (ReachOut)

[Smiling Mind](#)

A modern meditation for young people. It is a unique web and app-based program, designed to help bring balance to young lives.

[MoodGYM](#)

An online program that helps young people and adults learn about cognitive behaviour therapy skills for preventing and coping with depression. (Australian National University)

[Breakup Shakeup](#)

An app that provides ideas for fun, easy things to do to help young people cope after a breakup. (Young and Well CRC)



COMMUNICATION

Online communication tools, such as blogs, forums and social media can build powerful protective factors for young people. Skills and knowledge using the internet to communicate are important in today's world and can help young people to:

- connect with likeminded peers and communities
- seek and access professional and peer support
- have a way to say what they're thinking and have their voice be heard
- organise and plan face-to-face communication.

[Reachout Forums](#)

Moderated peer-support community for young people 14-25 on mental health and wellbeing topics. (ReachOut)

[ehheadspace](#)

Online and telephone support for young people aged 12-25 years and their families. (headspace)

[The Check-in app](#)

Helps young people to help take the fear out of having a conversation with a friend who might be struggling. (*beyondblue*)

[Appreciate a Mate](#)

Instantly generate messages of appreciation. Makes it easy for young people to share positivity online. (Young and Well CRC)



INFORMATION

It can be hard to find and interpret the best evidence-based information to share with students, colleagues and families. Technology can play a central role by:

- helping staff to gain the professional learning they need
- providing access to fact sheets and information for sharing with students and families
- keeping staff up to date on important issues such as suicide prevention
- providing templates and tools for communicating and working with students and families.



PRACTICE

Although it is an emerging area, schools can use personal development apps in the classroom as part of a mental health promotion and prevention strategy. Students and families can also benefit from technologies that gather, track and share their ideas and views on things that happen in the school. Some ideas include using technology to:

- support students to practice social and emotional learning skills
- help students practice tasks such as time management and goal setting
- track monitor and share classroom or school community data.



COMMUNICATION

Positive and safe communications between students, families and staff benefits the whole school community. Technology provides a number of unique ways of communicating, connecting and sharing, such as:

- using tools like blogs, forums and e-newsletters to let staff, students and families share their stories
- communicating wellbeing information and links to supports through school or class websites
- using social media sites and apps to support collaboration, celebration and development of shared experiences.

[Orygen Youth Mental Health Fact Sheets](#)

A range of fact sheets on mental health issues. (Orygen Youth Mental Health)

[HeadStrong 2.0](#)

An evidence based curriculum resource for teachers to teach about depression, mental health and resilience. (Black Dog)

[headspace School Support](#)

Works with school communities to prepare for, respond to, and recover from the suicide of a student. (headspace)

[Wellbeing Australia](#)

Wellbeing Australia is a not-for-profit network of people and organisations committed to developing individual and community wellbeing, especially in education.

[Reachout Toolbox](#)

A collection of health and wellbeing apps endorsed by professionals and reviewed by people under 25. (ReachOut)

[MindStrength](#)

Free interactive online learning courses for schools on how to become mentally stronger through resilience. (Black Dog)

[Online behaviour and social media](#)

These guides introduce the role of technology in young people's lives, and provide tips on safe and healthy use of technology. (ReachOut)

[Goalzie](#)

Interactive app for young people aged 12 to 17 to encourage them to focus on positive mental health and wellbeing and goal setting. (Young and Well CRC)

[ReachOut Professionals Facebook and Twitter](#)

Learn about and share the latest information and advice on youth mental health and wellbeing. (ReachOut)

[RUOK? Conversation Tools](#)

Download the free communications kits to help get your staff talking. (R U OK?)

[Engaging school community through social media](#)

A blog on ways to use different social media, including Facebook, Twitter, blogs and websites. (Edutopia)

[The Check-in app](#)

Helps take the fear out of having a conversation with a friend who might be struggling. (*beyondblue*)



FOR MYSELF



INFORMATION

Technology can help you with a whole range of things to keep you healthy and informed – from managing your own family, building your professional knowledge, or knowing where to go to get help when you need it. Here are some ideas:

- explore strategies to improve your wellbeing at home and work
- connect to some professional learning networks
- access information that can make a big difference for you and your family
- learn the latest thinking in mental health and wellbeing.

[HeadsUp – Taking care of myself at work](#)

Practical information and resources to support you to understand mental health and manage stress in the workplace. (*beyondblue*)

[mindhealthconnect](#)

Supported by the Australian Government, mindhealthconnect helps you to find trusted information on mental health and wellbeing and support services in Australia. (healthdirect Australia)

[ReachOut families](#)

Online information for families on how to deal with conflicts at home, stay sane and get the most out of the family you have. (ReachOut)

[TED Talks](#)

These TED Talks explore the latest thinking — from teachers, parents and kids — on how to build a better school. (TED Conferences)



PRACTICE

It can be beneficial to explore how technology can help you to practice the thoughts, feelings and behaviours of good mental health. You could try:

- using apps for developing skills such as mindfulness
- online courses to manage challenges such as anxiety or depression
- tracking your progress on the things that may positively impact your mental health, for example, exercise, nutrition and mood.

[headspace – meditation app](#)

An app to make practising simple mindfulness techniques easy, from a variety of systems, helping fulfil our mission of a healthier, happier world. (headspace)

[e-couch](#)

e-couch is a self-help interactive program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief. It provides evidence-based information and teaches practical strategies. (Australian National University)

[THIS WAY UP](#)

THIS WAY UP online courses have been clinically proven to lessen anxiety and depression. Developed with funding from the Australian Government Department of Health and Aging. A cost is involved for participation. (St Vincent's Hospital Sydney)



COMMUNICATION

Technology can help you to connect with others, share your thoughts and reach out for the support you need when you need it. You can:

- use online mental health and wellbeing supports to communicate with healthcare professionals
- connect with others through online forums
- use social media tools to express your thoughts and ideas.

[beyondblue Support Service](#)

Access the range of free supports seven days a week. All calls and chats are one-on-one with a trained mental health professional, and completely confidential. (*beyondblue*)

[beyondblue Online forums](#)

An online community open to anyone residing in Australia with forums on topics related to mental health and wellbeing. (*beyondblue*)

[The Check-in app](#)

Helps young people to help take the fear out of having a conversation with a friend who might be struggling. (*beyondblue*)