

*Your Brain on Tech*

# Mental Health Resources



Mindarma is an evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential psychological skills. Contact [info@mindarma.com](mailto:info@mindarma.com) or scan the QR code to arrange a complimentary trial.

Please reference the code **Tech** in your enquiry message.



## Your Brain on Tech

This 60 minute webinar features panellists:

**Associate Professor Bridianne O'Dea**

Associate Professor and NHMRC MRFF Investigator, UNSW Medicine/Black Dog Institute

**Dr Steven Laurent (MAPS)**

Clinical Psychologist and Author

**Tony Laulu**

CEO, Digital Discipline

Moderated by **Tasman Cassim** from the Black Dog Institute, the panel discuss how technology is rewiring our brains, and share insights and practical tips to help you keep tech in check.

A recording of this webinar can be found [here](#).

## Research and information on technology and mental health

Nirisha PL, Malathesh BC, Kulal N, et al. **Impact of technology driven mental health task-shifting for accredited social health activists (ASHAs): Results from a randomised controlled trial of two methods of training.** Community Mental Health Journal 59, 175–184 (2023). Read [article](#)

Rifkin-Zybutz R, Turner N, Derges J, Bould H, et al. **Digital technology use and mental health consultations: Survey of the views and experiences of clinicians and young people.** JMIR Mental Health 2023; 10:e44064 (2023). Read [article](#)

Apoorva A, Chaudhuri R, Hussain Z, et al. **Social media usage and its impact on users' mental health: A longitudinal study and inputs to policymakers.** International Journal of Law and Management (2022). Read [article](#)

Cleary M, West S, Visentin D. **The mental health impacts of smartphones and social media use.** College of Health and Medicine, University of Tasmania, Sydney. (2020). Read [article](#)

Akhtar F, Patel PK, Md Heyat BB, et al. **Smartphone addiction among students and its harmful effects on mental health, oxidative stress, and neurodegeneration towards future modulation of anti-addiction therapies: A comprehensive survey based on SLR, research questions, and network visualization techniques.** CNS & Neurological Disorders - Drug Targets, Volume 22, No. 7, 2023, pp. 1070-1089(20) (2022). Read [abstract](#)

Johnson J, Sanghvi P, Mehrotra S. **Technology-based interventions to improve help-seeking for mental health concerns: A systematic review.** Indian Journal of Psychological Medicine. 2022;44(4):332-340.(2021). Read [abstract](#)

McCrory A, Best P, Maddock A. **The relationship between highly visual social media and young people's mental health: A scoping review.** Children and Youth Services Review, Volume 115 (2020)105053, Read [article](#)

Small GW, Lee J, Kaufman A, et al. **Brain health consequences of digital technology use.** Dialogues in Clinical Neuroscience (2020). Read [article](#)

Tang S, Werner-Seidler A, Torok M, et al. **The relationship between screen time and mental health in young people: A systematic review of longitudinal studies.** Clinical Psychology Review, Volume 86, (2021). Read [article](#)

Turel O, He Q, Brevers D, et al. **Delay discounting mediates the association between posterior insular cortex volume and social media addiction symptoms.** Cognitive, Affective and Behavioural Neuroscience 18, 694–704 (2018). Read [article](#)

Valkenburg PM, Meier A, Beyens I. **Social media use and its impact on adolescent mental health: An umbrella review of the evidence.** Current Opinion in Psychology, Volume 44, Pages 58-68, (2022). Read [article](#)

Firth J, Torous J, Stubbs B, et al. **The “online brain”: How the internet may be changing our cognition.** World Psychiatry (2019). Read [article](#)

Zhou R, Luo Z, Zhong S, et al. **The impact of social media on employee mental health and behaviour based on the context of intelligence-driven digital data.** Int J Environ Res Public Health (2022). Read [article](#)

Korte M. **The impact of the digital revolution on human brain and behavior: where do we stand?** Dialogues in Clinical Neuroscience, 22:2, 101-111 (2022). Read [article](#)

Small GW, Lee J, Kaufman A, et al. **Brain health consequences of digital technology use.** Dialogues in Clinical Neuroscience, 22:2, 179-187 (2020). Read [article](#)

## Videos and podcasts

**What overusing social media does to your brain**  
Dr Huberman (4 min). Watch [here](#)

**Tools to improve your focus and concentration**  
Dr Huberman (1 hr 51 min). Watch [here](#)

**Quit social media**  
Dr Cal Newport (14 min). Watch [here](#)

## Harvard Medical School articles

**Blue light has a dark side**  
Read [article](#)

**Apps to accelerometers: Can technology improve mental health in older adults?**  
Read [article](#)

**Screen time and the brain**  
Read [article](#)

**Dopamine, smartphones and you: A battle for your time**  
Read [article](#)

## Books

**Dear digital, we need to talk**, Dr Kristy Goodwin

**Internet and mobile phone addiction**, Olatz Lopez-Fernandez (Ed)

**Rewired: Protecting your brain in the digital age**, Dr Carl D. Marci

## Articles

**LinkedIn can be anxiety-inducing. Here's how you can live with it**  
Read [article](#)

**Technology and the future of mental health treatment**  
Read [article](#)

**Social media can make anxiety worse for young people, but a 'healthy digital diet' can help**  
Read [article](#)

**Internet addiction**  
Read [article](#)

**Technology addiction**  
Read [article](#)

**Are digital devices altering our brains?**  
Read [article](#)

## Mindarma resources

### Self-care plan

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Create a self-care plan [here](#).

## Support services

### The Screen and Gaming Disorder Clinic

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

Treating children and young people struggling to manage their online life, including gaming addiction, internet addiction, social media addiction, and screen addiction.

### The Cabin

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

An outpatient addiction treatment centre, The Cabin Sydney offers holistic treatment in the field of internet addiction.

### Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a psychologist or psychiatrist. In Australia a Medicare rebate is provided for up to 10 sessions with a psychologist each year.

### Employee Assistance Program

Many organisations offer programs that allow employees to access free psychological assistance. Enquire with your employer to find out whether your organisation offers an Employee Assistance Program.

### Lifeline

Phone: 13 11 14

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

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

### Beyond Blue

Phone: 1300 22 4636

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

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

### SANE Australia

Phone: 1800 18 7263

[www.sane.org](http://www.sane.org)

The SANE help centre provides the information, guidance and referrals you need to manage mental health concerns.

### Suicide Call Back Service

Phone: 1300 659 467

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

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

### Talked

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

Talked.com.au makes it simple to connect with qualified therapists and psychologists from anywhere in Australia.



### Black Dog Institute

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

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

### Online clinic

This resource is free and anonymous. It provides a personalised health assessment based on your responses. Information can be found [here](#).



### HeadGear

A free app that guides you through a 30-day mental fitness challenge, including mindfulness tasks and exercises. Download HeadGear through the [App Store](#) or [Google Play](#).



## Black Dog Institute's Social and Emotional Wellbeing Resources for Aboriginal and Torres Strait Islander Peoples

This page includes a range of social and emotional wellbeing resources for First Nations people. Information can be found [here](#).



## myCompass

The free, online myCompass program (for anxiety and depression) can be found [here](#).



**Black Dog  
Institute**

## TEN – The Essential Network for Health Professionals

Helping healthcare workers find resources and support to manage burnout and maintain good mental health. Designed by health professionals for health professionals, TEN makes accessing support quick, easy and confidential. Click [here](#) to find out more.



## Digital Discipline

Phone: +64 204 124 3868

[www.digitaldiscipline.co.nz/](http://www.digitaldiscipline.co.nz/)

Digital Discipline specialise in designing and delivering clear, visual and interactive keynote speeches and workshops around social media awareness and well-being.



## What is Mindarma?

This 1 minute video provides a short yet informative overview of the Mindarma program.

### [Introducing Mindarma](#)

