

RESOURCES REFERENCED IN THE AI AND DIGITAL MENTAL HEALTH IMPACTS ON WELLBEING FORUM

The following resources were referenced during the Loddon Mallee Public Health Unit's online forum on AI and Digital Mental Health Impacts on Wellbeing.

We hope you find these materials informative and useful for further learning and support.

- [Professor Jill Newby, Black Dog Institute, speaker slides](#)
- [Associate Professor Shane Cross, Orygen Digital, speaker slides](#)
- [Binusha Pathirana, Prevention United Youth Ambassadors Group, speaker slides](#)
- Keeping Mentally Well Flyers with mental health and wellbeing supports, Loddon Mallee Public Health Unit: [Bendigo Health Website - Wellbeing](#)
- Online safety advice: [Online safety | eSafety Commissioner](#)
- Meeting your professional obligations when using Artificial Intelligence in healthcare, Australian Health Practitioner Regulation Agency: [Australian Health Practitioner Regulation Agency - Meeting your professional obligations when using Artificial Intelligence in healthcare](#)
- AI Clinical Use Guide, Australian Commission on Safety and Quality in Health Care: [AI Clinical Use Guide | Australian Commission on Safety and Quality in Health Care](#)
- Safe and Responsible Artificial Intelligence in Health Care – Legislation and Regulation Review, Department of Health, Disability and Ageing: [Safe and Responsible Artificial Intelligence in Health Care – Legislation and Regulation Review](#)
- Using AI chatbots for mental health support, Black Dog Institute: <https://www.blackdoginstitute.org.au/news/using-ai-chatbots-for-mental-health/>
- Can you replace your therapist with an AI chatbot?: <https://insightplus.mja.com.au/2025/33/can-you-replace-your-therapist-with-an-ai-chatbot/>
- Australian Government urged to address concerns about use of artificial intelligence in mental healthcare: <https://www.croakey.org/australian-government-urged-to-address-concerns-about-use-of-artificial-intelligence-in-mental-healthcare/>
- AI and mental health in Australia: what needs to happen next: <https://www.blackdoginstitute.org.au/news/ai-and-mental-health-in-australia-what-next/>

- Using artificial intelligence to personalise Depression Treatment: [Centre of Research Excellence in Depression Treatment Precision - Black Dog Institute | Better Mental Health](#)
- MOST digital mental health platform for young people: most.org.au
- AI in Mental Health Care, The Peregrine Rural Mental Health Podcast: [AI in Mental Health Care - The Peregrine Rural Mental Health Podcast - Apple Podcasts](#)
- Navigating Artificial Intelligence for Youth Mental Health – Policy Brief, Prevention United: [Policy Briefs and Submissions - Prevention United](#)