

# e-MH Services

## Guiding clients to quality e-mental health services

Information, interventions, peer support and online counselling

Online crisis support

### Online crisis support

- > [lifeline.org.au/Get-Help/Online-Services/crisis-chat](http://lifeline.org.au/Get-Help/Online-Services/crisis-chat)
- > [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)
- > [kidshelpline.com.au](http://kidshelpline.com.au)

## Anxiety

### Self help

#### General Anxiety (GAD), Worry & Social Anxiety (SAD)

- > [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)
- > [moodgym.anu.edu.au](http://moodgym.anu.edu.au)
- > [mycompass.org.au](http://mycompass.org.au)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

#### Panic & OCD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$)

#### PTSD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au)

### Therapist-assisted

#### GAD, SAD, Panic, OCD & PTSD

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (\$) In-house therapist.
- > [MindSpot.org.au](http://MindSpot.org.au) (18yrs+, 60yrs+, Indigenous) In-house therapist.
- > [thiswayup.org.au](http://thiswayup.org.au) (\$) (also mixed anxiety and depression) Instructions available for referring therapist to provide support. Apps available.

## Depression

### Self help

- > [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (multidisorder program with depression)
- > [moodgym.anu.edu.au](http://moodgym.anu.edu.au)
- > [mycompass.org.au](http://mycompass.org.au)
- > [ontrack.org.au](http://ontrack.org.au) (also alcohol and depression)
- > [thiswayup.org.au](http://thiswayup.org.au) (\$) (also mixed depression and anxiety)

### Therapist-assisted

- > [mentalhealthonline.org.au](http://mentalhealthonline.org.au) (\$) In-house therapist.
- > [MindSpot.org.au](http://MindSpot.org.au) (18yrs+, 60yrs+, Indigenous) In-house therapist.
- > [thiswayup.org.au](http://thiswayup.org.au) (\$) Instructions available for referring therapist to provide support. Apps available.

## Young people

### Information and peer support

- > [biteback.org.au](http://biteback.org.au) (12–18 yrs)
- > [reachout.com.au](http://reachout.com.au) (14–25 yrs)
- > [youthbeyondblue.com](http://youthbeyondblue.com) (12–25 yrs)

### Online courses

- > Brave Program (anxiety) (8–17 yrs) [brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)
- > [MindSpot.org.au](http://MindSpot.org.au) (Mood Mechanic) (18–25 yrs)
- > [moodgym.anu.edu.au](http://moodgym.anu.edu.au) (depression) (15+ yrs)
- > [ocdhotme.com.au](http://ocdhotme.com.au) (12–18 yrs)

### Online counselling

- > [canteen.org.au](http://canteen.org.au) (12–24 yrs)
- > [eheadspace.org.au](http://eheadspace.org.au) (12–25 yrs)
- > [kidshelpline.com.au](http://kidshelpline.com.au) (5–12 yrs and 13–25 yrs)

## Specialised services

- > Adult survivors of childhood trauma and abuse: [blueknot.org.au](http://blueknot.org.au)
- > Carers, diabetes, early psychosis: [ontrack.org.au](http://ontrack.org.au)
- > Domestic violence: [1800respect.org.au](http://1800respect.org.au)\*
- > Eating disorders: [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)\*
- > Grief, relationship breakdown: [ecouch.anu.edu.au](http://ecouch.anu.edu.au)
- > Health anxiety course: [thiswayup.org.au](http://thiswayup.org.au) (\$)
- > [mensline.org.au](http://mensline.org.au)\*
- > Mental illness information, support and peer forums: [sane.org](http://sane.org)
- > Parenthood and babies: [whatwerewethinking.org.au](http://whatwerewethinking.org.au) (App available)
- > Sexuality, gender: [qlife.org.au](http://qlife.org.au)\*
- > Support and information: [beyondblue.org.au](http://beyondblue.org.au)\*
- > Workbooks for multiple MH topics: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

### Drug and alcohol

- > [www.counsellingonline.org.au](http://www.counsellingonline.org.au)\*
- > [ontrack.org.au](http://ontrack.org.au)
- > Stay Strong App On iTunes. (Indigenous-specific content) (\$)

\*provide counselling