



# eMHprac

E-MENTAL HEALTH IN PRACTICE

## A Guide to Digital Mental Health Resources

**September 2021**

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

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### **Digital Mental Health**






Digital mental health (e-mental health) comprises services, programs or apps, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

### **Funded by the Australian Government**

The eMHPrac e-Mental Health in Practice Project is funded by the Australian Government and aims to raise health practitioner awareness and knowledge of digital mental health through the provision of free training and support to GPs, Allied Health professionals, service providers working with Aboriginal and Torres Strait Islander people, and a range of other practitioners. eMHPrac is led by Queensland University of Technology in partnership with Black Dog Institute, Menzies School of Health Research and University Centre for Rural Health, University of Sydney.

Contact us at: [emhprac@qut.edu.au](mailto:emhprac@qut.edu.au)

Each program is described using the following codes:

-  Low cost (services without this icon are free)
-  Counsellor/Coach/Therapist assistance included or available
-  Health Practitioner Integration
-  Available for download on Apple app store
-  Available for download on Google play store

**This list is current as at September 2021**

#### **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.



## National Safety and Quality Digital Mental Health Standards

The National Safety and Quality Digital Mental Health (NSQDMH) Standards aim to improve the quality of digital mental health service provision, and to protect service users and their support people from harm.

The NSQDMH Standards were officially released on 30 November 2020. Further information can be found here: <https://www.safetyandquality.gov.au/standards/national-safety-and-quality-digital-mental-health-standards>

Tips for choosing a digital mental health service - information for clinicians

<https://www.safetyandquality.gov.au/publications-and-resources/resource-library/tips-choosing-digital-mental-health-service-information-clinicians>

## Research Evidence

The growth of digital technologies enables those experiencing mental health conditions to have greater access and engagement with psychological treatment.<sup>1,2</sup> There is now considerable research showing that internet-delivered cognitive behavioural therapy programs are an effective, acceptable and practical form of health care for anxiety, depressive disorders, panic disorder, post-traumatic stress disorder, insomnia, pain management and phobias.<sup>2,3</sup> These programs can be as effective as face-to-face treatment, particularly if there is additional practitioner support.<sup>4,5</sup> The expansion of online mental health resources has broadened the range of programs available to include a variety of mental health conditions and populations.

More journal articles on digital mental health can be found in the evidence site on our website: [www.emhprac.org.au](http://www.emhprac.org.au)

## References

1. Andrews G, Basu A, Cuijpers P, Craske MG, McEvoy P, English CL, Newby JM (2018). Computer therapy for the anxiety and depression disorders is effective, acceptable and practical health care: An updated meta-analysis. *Journal of Anxiety Disorders*, 55: 70-78.
2. Christensen, H., Batterham, P., & Clear, A. (2014). Online interventions for anxiety disorders. *Curr Opin Psychiatry*, 27(1), 7-13.
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4. Andersson, G., Cuijpers, P., Carlbring, P., Riper, H., & Hedman, E. (2014). Guided Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: a systematic review and meta-analysis. *World Psychiatry*, 13(3), 288-295.
5. Carlbring, P., Andersson, G., Cuijpers, P., Riper, H., & Hedman-Lagerlof, E. (2018). Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: an updated systematic review and meta-analysis. *Cogn Behav Ther*, 47(1), 1-18.

## Key Digital Mental Health Information Sites

### Head to Health

<https://www.headtohealth.gov.au/>

Head to Health can help you find free or low-cost digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums and phone services, as well as a range of digital information resources.

### The eMHPrac Website

<http://www.emhprac.org.au>

The eMHPrac website is designed to assist health practitioners and contains regularly updated information and resources on digital mental health including:

- A searchable dmh directory
- Booklets and brochures
- Factsheets and 'How To' guides
- Webinars, videos and podcasts
- Access to online training modules
- Upcoming events
- Monthly dmh newsletter

Hard copy resources can also be ordered for free via our website order form.

### Black Dog Institute eMHPrac Hub

<https://www.blackdoginstitute.org.au/education-services/e-mental-health-in-practice/>

Black Dog Institute offers a comprehensive range of digital mental health webinars, podcasts and online training for GPs and Allied Health practitioners. These resources can be accessed via the Black Dog Institute eMHPrac Hub, as well as the eMHPrac website.

## Non-Government Sites

### OneMind PsyberGuide

<https://onemindpsyberguide.org>

Apps and digital resources reviewed by experts. OneMind Psyberguide operates out of the University of California, Irvine and Northwestern University.

### MIND

<https://mindapps.org/>

Find apps as informed by the American Psychiatric Association's App Evaluation Model - Accessibility, Privacy & Security, Clinical Foundation, Engagement Style, and Interoperability.

### Digital Health Guide (Subscription only)

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

The Digital Health Guide provides high quality information about apps, their capabilities, conditions for, evidence, and reviews and ratings from health providers, patients and more.

# Digital Mental Health Resources for Crisis Support



Low cost (services without this icon are free)



Counsellor/Coach/Therapist assistance included or available



Health Practitioner Integration






Available for download on Apple app store



Available for download on Google play store


## CRISIS\*

\*N.B. The services below are general Crisis services. For more specific phone or web counselling services, please search using Diagnosis or Specialist Target Group.

<p><b>1800 RESPECT</b>  </p> <p>24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence.</p>	<p><a href="http://www.1800respect.org.au/">http://www.1800respect.org.au/</a> 1800 737 732</p>
<p><b>Beyond Blue Support Service</b> </p> <p>Telephone, online and email counselling for people going through a tough time.</p>	<p><a href="http://www.beyondblue.org.au/get-support/get-immediate-support">http://www.beyondblue.org.au/get-support/get-immediate-support</a> 1800 224 636</p>
<p><b>Griefline</b> </p> <p>Phone counselling services, peer support forums and information for individuals and families who are experiencing loss and grief.</p>	<p><a href="http://www.griefline.org.au/">http://www.griefline.org.au/</a> 1300 845 745</p>
<p><b>Kids Helpline</b> </p> <p>Phone and real time web-based crisis support.</p>	<p><a href="http://www.kidshelpline.com.au/">http://www.kidshelpline.com.au/</a> 1800 55 1800</p>
<p><b>Lifeline</b> </p> <p>Phone and real time online crisis support.</p>	<p><a href="http://www.lifeline.org.au/crisis-chat/">http://www.lifeline.org.au/crisis-chat/</a> 13 11 14</p>
<p><b>Mensline Australia</b>  </p> <p>Telephone, online counselling, online peer support and information for men with concerns about mental health, anger management, family violence, addiction, relationships, stress and wellbeing.</p>	<p><a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78</p>
<p><b>No To Violence</b> </p> <p>Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).</p>	<p><a href="https://www.ntv.org.au">https://www.ntv.org.au</a> 1300 766 491</p>
<p><b>Rape and Domestic Violence Services Aus.</b>  </p> <p>Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault, domestic violence. Includes LGBTIQ+ specific support.</p>	<p><a href="https://www.rape-dvservices.org.au/">https://www.rape-dvservices.org.au/</a></p>
<p><b>Samaritans Crisis Line</b> </p> <p>Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.</p>	<p><a href="http://www.thesamaritans.org.au/">http://www.thesamaritans.org.au/</a> 135 247</p>
<p><b>Suicide Call Back Service</b> </p> <p>Phone and online counselling for people at risk of suicide or those bereaved by suicide.</p>	<p><a href="http://www.suicidecallbackservice.org.au/">http://www.suicidecallbackservice.org.au/</a> 1300 659 467</p>

## NATURAL DISASTERS\*


\*Some of these sites are listed elsewhere in this guide, but are included here as they have developed disaster-specific resources.

<p><b>Australian Psychological Society</b> A guide to Psychological first aid, supporting people affected by disaster.</p>	<p><a href="https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster">https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster</a></p>
<p><b>Beyond Blue</b> Get information on: support following a traumatic event, bushfires and mental health, looking after yourself and police and emergency services personnel mental health.</p>	<p><a href="http://www.beyondblue.org.au/the-facts/bushfires-and-mental-health/">www.beyondblue.org.au/the-facts/bushfires-and-mental-health/</a></p>
<p><b>Birdie's Tree (Children's Health QLD)</b> A suite of resources to help families (particularly expectant parents, babies and young children) prepare for, cope with and recover from a natural disaster.</p>	<p><a href="https://www.childrens.health.qld.gov.au/natural-disaster-recovery/">https://www.childrens.health.qld.gov.au/natural-disaster-recovery/</a></p>
<p><b>Brother to Brother Crisis Line</b> Phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.</p>	<p><a href="https://www.dardimunwurro.com.au/brother-to-brother/">https://www.dardimunwurro.com.au/brother-to-brother/</a></p>
<p><b>Black Dog Institute Bushfire Support Service</b> Information on coping with the stress of bushfires and finding support.</p>	<p><a href="https://bushfiresupport.blackdoginstitute.org.au/">https://bushfiresupport.blackdoginstitute.org.au/</a></p>
<p><b>Emerging Minds</b> A trauma toolkit for communities, families and individuals, recovering from a traumatic event.</p>	<p><a href="https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/">https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</a></p>
<p><b>Headspace</b> Information for young people on coping with natural disasters.</p>	<p><a href="https://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters/?stage=Live">https://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters/?stage=Live</a></p>
<p><b>ifarmwell</b> A free, online toolkit to help farmers cope effectively with life's challenges and get the most out of every day.</p>	<p><a href="http://www.ifarmwell.com.au">http://www.ifarmwell.com.au</a></p>
<p><b>Kids Helpline</b>  Phone and real time web-based crisis support for youth (5-25 years), and information on coping with natural disasters.</p>	<p><a href="http://www.kidshelpline.com.au/teens/issues/coping-natural-disasters">http://www.kidshelpline.com.au/teens/issues/coping-natural-disasters</a> 1800 55 1800</p>
<p><b>Lifeline Toolkits</b> Toolkit on coping with natural disasters, including bushfires, floods and droughts.</p>	<p><a href="http://www.lifeline.org.au/resources/toolkit-downloads">http://www.lifeline.org.au/resources/toolkit-downloads</a> 13 11 14</p>



## NATURAL DISASTERS\*

\*Some of these sites are listed elsewhere in this guide, but are included here as they have developed disaster-specific resources.

<p><b>Open Arms</b></p> <p>Information for Australian veterans and their families on how to cope with bushfires with resilience.</p>	<p><a href="http://www.openarms.gov.au/about/news/2020/bushfires-resilience-and-recovery">http://www.openarms.gov.au/about/news/2020/bushfires-resilience-and-recovery</a></p>
<p><b>ParentLine</b></p> <p>Tips and information to help families with children cope with a crisis or disaster.</p>	<p><a href="https://parentline.com.au/kids/issues/coping-crisis-or-disaster">https://parentline.com.au/kids/issues/coping-crisis-or-disaster</a></p>
<p><b>Peak Fortem</b></p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p>	<p><a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>
<p><b>Phoenix Australia Centre for Posttraumatic Mental Health</b> </p> <p>Resources for health practitioners, first responders and the community to help people recover from traumatic events.</p>	<p><a href="https://www.phoenixaustralia.org/recovery/helping-others/">https://www.phoenixaustralia.org/recovery/helping-others/</a></p>
<p><b>ReachOut</b></p> <p>Get information on: managing your wellbeing, how to deal with the stress of natural disasters and helping teens deal with stress from a natural disaster.</p>	<p><a href="https://au.reachout.com/articles/how-to-deal-with-the-stress-of-bushfires-floods-earthquakes-and-cyclones">https://au.reachout.com/articles/how-to-deal-with-the-stress-of-bushfires-floods-earthquakes-and-cyclones</a></p>
<p><b>ReachOut Digital Drought Care Package</b></p> <p>Practical tips, personal stories and links to drought support services to help young people and their parents or carers deal with the stress from drought.</p>	<p><a href="http://reachout.com/drought">http://reachout.com/drought</a></p>

# Digital Mental Health Resources by Diagnosis



Low cost (services without this icon are free)



Counsellor/Coach/Therapist assistance included or available



Health Practitioner Integration











Available for download on Apple app store













Available for download on Google play store




## ANXIETY

<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>BITE BACK</b></p> <p>Positive psychology activities to improve resilience and wellbeing in young people aged 12-18.</p>	<p><a href="http://www.biteback.org.au">http://www.biteback.org.au</a></p>
<p><b>The BRAVE program</b> </p> <p>Online program to help children and teens (3-17 yrs) overcome anxiety. Comprised of both youth and parent components.</p>	<p><a href="https://www.brave-online.com/">https://www.brave-online.com/</a></p>
<p><b>Centre for Clinical Interventions</b> </p> <p>'Anxiety'; 'Health Anxiety'; 'Panic'; 'Perfectionism'; 'Social Anxiety'; 'Worry and Rumination'</p> <p>Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>
<p><b>Cool Little Kids Online</b>  </p> <p>A program providing parents of shy or anxious children (3-6 yrs) knowledge and practical skills to increase their child's knowledge.</p>	<p><a href="https://coollittlekids.org.au/login">https://coollittlekids.org.au/login</a></p>
<p><b>eCentre Clinic</b>  </p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, not all programs are always available - check the website for current programs.</p>	<p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.</p>	<p><a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>
<p><b>Mental Health Online</b>  </p> <p>'Generalised Anxiety Disorder'; 'Made-4-Me, a tailored program'; 'Obsessive Compulsive Disorder'; 'Panic Disorder with or without Agoraphobia'; 'Post Traumatic Stress Disorder'; 'Social Anxiety'</p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p>	<p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>




## ANXIETY

<p><b>MindSpot Clinic</b>  </p> <p><i>'Mood mechanic'; 'OCD'; 'PTSD'; 'Indigenous wellbeing'; 'Wellbeing'; 'Wellbeing Plus'</i></p> <p>Online courses to help adults learn how to manage symptoms of anxiety. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>MoodGYM</b> </p> <p>A free self help program that teaches cognitive behavioural therapy skills to help prevent and manage symptoms of depression and anxiety.</p>	<p><a href="http://www.moodgym.com.au">http://www.moodgym.com.au</a></p>
<p><b>myCompass</b> </p> <p>An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.</p>	<p><a href="http://www.mycompass.org.au/">http://www.mycompass.org.au/</a></p>
<p><b>My Digital Health</b> </p> <p><i>'Life flex'; 'Life Flex tailored for LGBQ adults'; 'Life Flex 4 PTSD'; 'iChooseWell'; 'iMindTime'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for anxiety and depression.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>NewAccess</b> </p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p>	<p><a href="http://www.beyondblue.org.au/get-support/newaccess">http://www.beyondblue.org.au/get-support/newaccess</a></p>
<p><b>OCD &amp; Anxiety Helpline</b> </p> <p>A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.</p>	<p><a href="http://www.arcvic.org.au/our-services/helpline">http://www.arcvic.org.au/our-services/helpline</a> 1300 269 438 (03) 9830 0533</p>
<p><b>OCD? Not Me!</b> </p> <p>Online program including information, practical skills and support for young people (12-18yrs) with OCD.</p>	<p><a href="http://www.ocdnotme.com.au/">http://www.ocdnotme.com.au/</a></p>
<p><b>The Online Clinic</b></p> <p>A free mental health assessment tool developed by Black Dog Institute. Provides a personalised report and suggestions for free or low-cost services and resources.</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au">https://onlineclinic.blackdoginstitute.org.au</a></p>
<p><b>ReachOut WorryTime</b>  </p> <p>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.</p>	<p><a href="https://au.reachout.com/tools-and-apps/reachout-worrytime">https://au.reachout.com/tools-and-apps/reachout-worrytime</a></p>







## ANXIETY

<p><b>Sane Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling, and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>
<p><b>This Way Up</b>  </p> <p><i>'Health Anxiety'; 'Intro to Mindfulness (free)'; 'Mindfulness-Based CBT'; 'Mixed Depression and Anxiety'; 'OCD'; 'Panic Attacks'; 'Post-Traumatic Stress (free)'; 'Social Anxiety'; 'Student Wellbeing (free)'; 'Teen Mental Health (free)'; 'Worry'</i></p> <p>Online and app CBT courses for anxiety and other issues. Self help and clinician assisted options available.</p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>
<p><b>Understanding Anxiety</b></p> <p>Information about anxiety in adults and children, and how to get help. Run by WayAhead Mental Health Association NSW.</p>	<p><a href="http://understandinganxiety.wayahead.org.au/">http://understandinganxiety.wayahead.org.au/</a></p>

## BIPOLAR DISORDER

<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Bipolar Australia</b></p> <p>Information, booklets and resources about Bipolar Disorder, including information for families and carers.</p>	<p><a href="http://www.bipolaraustralia.org.au/">http://www.bipolaraustralia.org.au/</a></p>
<p><b>Black Dog Institute</b> </p> <p><i>'Bipolar Disorder'</i></p> <p>Comprehensive information on diagnosis, causes and treatment of Bipolar Disorder, including a Bipolar Disorder self-test.</p>	<p><a href="http://www.blackdoginstitute.org.au/resources-support/bipolar-disorder/">http://www.blackdoginstitute.org.au/resources-support/bipolar-disorder/</a></p>
<p><b>Centre for Clinical Interventions</b> </p> <p><i>'Bipolar'</i></p> <p>Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>
<p><b>Sane Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling, and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>

## DEPRESSION

<p><b>Act-Belong-Commit</b></p> <p>An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life.</p>	<p><a href="http://www.actbelongcommit.org.au/">http://www.actbelongcommit.org.au/</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>BITE BACK</b></p> <p>Positive psychology activities to improve resilience and wellbeing in young people aged 12-18.</p>	<p><a href="http://www.biteback.org.au">http://www.biteback.org.au</a></p>
<p><b>Blue Pages</b></p> <p>Evidence-based information about depression, including symptoms, diagnosis, treatment and help-seeking.</p>	<p><a href="https://bluepages.anu.edu.au/">https://bluepages.anu.edu.au/</a></p>
<p><b>Centre for Clinical Interventions</b> </p> <p><i>'Depression'; 'Self-Compassion'; 'Self-Esteem'; 'Sleep'; 'Tolerating Distress'</i></p> <p>Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>
<p><b>eCentre Clinic</b>  </p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions for people across a range of demographics. As the eCentre Clinic is an active research centre, not all programs are always available - check the website for current programs.</p>	<p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.</p>	<p><a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>
<p><b>iBobbly</b>  </p> <p>A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.</p>	<p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>
<p><b>Mental Health Online</b>  </p> <p><i>'Depression'; 'Made-4-Me, a tailored program'</i></p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p>	<p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>

## DEPRESSION

<p><b>MindSpot Clinic</b>  </p> <p><i>'Indigenous wellbeing'; 'Mood mechanic'; 'Wellbeing'; 'Wellbeing plus'</i></p> <p>Online courses to help adults learn how to manage symptoms of depression. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>MoodGYM</b> </p> <p>A free, interactive self help program for preventing and coping with depression and anxiety. Teaches self-help skills drawn from cognitive behaviour therapy.</p>	<p><a href="http://www.moodgym.anu.edu.au/welcome">http://www.moodgym.anu.edu.au/welcome</a></p>
<p><b>myCompass</b> </p> <p>An online self-help program for people with mild to moderate depression, anxiety and stress.</p>	<p><a href="http://www.mycompass.org.au">http://www.mycompass.org.au</a></p>
<p><b>My Digital Health</b> </p> <p><i>'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for anxiety and depression.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>NewAccess</b> </p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p>	<p><a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>
<p><b>The Online Clinic</b></p> <p>A free mental health assessment tool developed by Black Dog Institute. Provides a personalised report and suggestions for free or low-cost services and resources.</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au">https://onlineclinic.blackdoginstitute.org.au</a></p>
<p><b>The Ripple Effect</b></p> <p>An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.</p>	<p><a href="http://www.therippleeffect.com.au/">http://www.therippleeffect.com.au/</a></p>
<p><b>Sane Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>
<p><b>This Way Up</b>  </p> <p><i>'Depression'; 'Health Anxiety'; 'Intro to Mindfulness (free)'; 'Mixed Depression and Anxiety'; 'Teen Mental Health (free)'</i></p> <p>Online and app CBT courses for depression and issues. Self help and clinician assisted options available.</p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>



## EATING DISORDERS

<p><b>The Butterfly Foundation</b>  </p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. Website includes 'Chat to Kit', a confidential chat portal providing information and resources.</p>	<p><a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>
<p><b>Centre for Clinical Interventions</b> </p> <p><i>'Appearance Concerns'; 'Body Dysmorphia'; 'Disordered Eating'</i> Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>
<p><b>Eating Disorders Carer Help Kit</b> </p> <p>Detailed information on supporting someone with an eating disorder.</p>	<p><a href="https://eatingdisorderscarerhelp-kit.com.au/">https://eatingdisorderscarerhelp-kit.com.au/</a></p>
<p><b>Eating Disorders Families Australia</b> </p> <p>An information website for families/carers of people with an eating disorder.</p>	<p><a href="https://www.edfa.org.au">https://www.edfa.org.au</a></p>
<p><b>Eating Disorders Queensland</b></p> <p>Free information, downloads, videos and other resources on eating disorders.</p>	<p><a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a></p>
<p><b>Eating Disorders Victoria</b>  </p> <p>Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).</p>	<p><a href="https://www.eatingdisorders.org.au/">https://www.eatingdisorders.org.au/</a> 1300 550 236</p>
<p><b>Feed Your Instinct</b></p> <p>Interactive tool designed to support parents of children and young people experiencing eating and/or body image problems.</p>	<p><a href="http://feedyourinstinct.com.au/">http://feedyourinstinct.com.au/</a></p>
<p><b>Inside Out Institute for Eating Disorders</b> </p> <p>Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers.</p>	<p><a href="http://www.insideoutinstitute.org.au/">http://www.insideoutinstitute.org.au/</a></p>
<p><b>National Eating Disorders Collaboration</b> </p> <p>An Australian Government Department of Health initiative to build a safe, consistent and accessible system of care for people experiencing eating disorders.</p>	<p><a href="https://nedc.com.au/">https://nedc.com.au/</a></p>

### EATING DISORDERS

#### **Reach Out and Recover (ROAR)**

Interactive tools to support people who have eating or body image concerns, and help them with their next steps towards recovery.








<https://reachoutandrecover.com.au/>

#### **The Shared Table**




Free online meal support training program to assist carers in the provision of meal support.

<https://edgsharedtable.com.au/>






## GRIEF AND LOSS

<p><b>Aged Care Grief and Bereavement Service</b> </p> <p>Phone/online counselling and information for people living and working in aged care, and their families and supporters.</p>	<p><a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a> 1800 22 22 00</p>
<p><b>Australian Centre for Grief and Bereavement</b> </p> <p>Education and training for professionals and consumers on grief and loss.</p>	<p><a href="https://www.grief.org.au">https://www.grief.org.au</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Compassionate Friends Australia</b> </p> <p>Telephone and email support for bereaved parents, siblings and grandparents after the death of a child.</p>	<p><a href="https://tcfa.org.au/">https://tcfa.org.au/</a></p>
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.</p>	<p><a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>
<p><b>eFriend</b></p> <p>A virtual peer support service that offers befriending sessions to connect people to eFriend Peers via video call or phone call.</p>	<p><a href="https://efriend.org.au/">https://efriend.org.au/</a></p>
<p><b>Griefline</b> </p> <p>Phone counselling services, peer support forums and information for individuals and families who are experiencing loss and grief.</p>	<p><a href="https://griefline.org.au/">https://griefline.org.au/</a> 1300 845 307</p>
<p><b>Grief Link</b></p> <p>Information on coping with death-related grief.</p>	<p><a href="http://www.grieflink.asn.au">www.grieflink.asn.au</a></p>
<p><b>Guiding Light</b>  </p> <p>Phone line (24/7), online chat and online information library for individuals and families grieving the death of a child.</p>	<p><a href="http://rednosegriefandloss.com.au/support">http://rednosegriefandloss.com.au/support</a> 1300 308 307</p>
<p><b>My Grief</b>  </p> <p>Resources to support bereaved people and practical strategies on how to best assist someone else who is grieving.</p>	<p><a href="https://www.grief.org.au/ACGB/Bereavement_Support/MyGrief.aspx">https://www.grief.org.au/ACGB/Bereavement_Support/MyGrief.aspx</a></p>
<p><b>National Association of Loss and Grief</b></p> <p>Online information, resources and mini digital scrapbook tool to support those bereaved.</p>	<p><a href="https://www.nalag.org.au">https://www.nalag.org.au</a></p>



## GRIEF AND LOSS

<b>Sands</b>   Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death.	<a href="http://www.sands.org.au/">http://www.sands.org.au/</a> 1300 072 637
<b>Standby Support After Suicide</b>  Telephone support and downloadable books and toolkits to help people manage grief after suicide.	<a href="https://standbysupport.com.au/">https://standbysupport.com.au/</a> 1300 727 247
<b>Support After Suicide</b> Practical information to help people understand grief and suicide stories by others bereaved by suicide.	<a href="https://www.supportaftersuicide.org.au/">https://www.supportaftersuicide.org.au/</a>
<b>Trauma and Grief Network</b> A collective of online resources and information for caregivers to support children and adolescents through trauma, loss and grief.	<a href="https://tgn.anu.edu.au/">https://tgn.anu.edu.au/</a>


## PHYSICAL HEALTH AND DISABILITY

<p><b>Autism Connect</b> </p> <p>National autism helpline, providing phone/webchat/email advice as well as online information for autistic people, their family and supporters.</p>	<p><a href="https://www.amaze.org.au/autism-connect/">https://www.amaze.org.au/autism-connect/</a> 1300 308 699</p>
<p><b>Autism Launchpad</b></p> <p>A resource for young people with Autism or Asperger's and their families, providing information and guidance as they take some big steps and start their adult lives.</p>	<p><a href="https://www.autismlaunchpad.org.au/">https://www.autismlaunchpad.org.au/</a></p>
<p><b>Better Health Channel</b></p> <p>Information to help people understand their health and medical conditions to improve the health and wellbeing of people and communities.</p>	<p><a href="https://www.betterhealth.vic.gov.au/">https://www.betterhealth.vic.gov.au/</a></p>
<p><b>Body Talk</b></p> <p>Relevant and accurate information about bodies, relationships and health for young people, parents, and carers. Includes tools for teachers.</p>	<p><a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a></p>
<p><b>Cancer Counselling Service (Cancer Council QLD)</b>  </p> <p>Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends).</p>	<p><a href="https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/">https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/</a> 07 3634 5248 13 11 20</p>
<p><b>CanTeen</b>  </p> <p>Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.</p>	<p><a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 support@canteen.org.au</p>
<p><b>CanTeen Connect</b> </p> <p>An online community of young people dealing with their own or a close family member's cancer, including access to counsellors.</p>	<p><a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a></p>
<p><b>Centre for Clinical Interventions</b> </p> <p>'Health Anxiety'; 'Sleep' Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>
<p><b>Dementia Australia</b>  </p> <p>Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.</p>	<p><a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a></p>





## PHYSICAL HEALTH AND DISABILITY

<p><b>eCentre Clinic</b>  </p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, not all programs are always available - check the website for current programs.</p>	<p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>
<p><b>Finding My Way</b></p> <p>An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.</p>	<p><a href="http://www.findingmyway.org.au/">http://www.findingmyway.org.au/</a></p>
<p><b>Healthy Mind</b> </p> <p>An online Easy Read tool by Black Dog Institute designed to help people with intellectual disability to recognise and regulate their thoughts and feelings.</p>	<p><a href="https://www.healthymind.org.au/#">https://www.healthymind.org.au/#</a></p>
<p><b>Help With Dementia</b> </p> <p>Online chat and videoconference counselling, online peer support and information about dementia.</p>	<p><a href="https://www.helpwithdementia.org.au/">https://www.helpwithdementia.org.au/</a></p>
<p><b>Livewire</b></p> <p>A safe, secure online community to help young people aged 12 to 20 years and their siblings cope with the impact of a serious illness, mental illness, chronic health condition or disability.</p>	<p><a href="https://livewire.org.au/">https://livewire.org.au/</a></p>
<p><b>MindSpot Clinic</b>  </p> <p><i>'Chronic pain'</i></p> <p>Online courses for pain and a range of issues. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>My Digital Health</b> </p> <p><i>'iSleepWell'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for insomnia.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>Parenting Through Cancer</b> </p> <p>Free expert advice, counselling and the chance to connect with other parents who are dealing with their own diagnosis or cancer in their family.</p>	<p><a href="https://parentingthroughcancer.org.au/">https://parentingthroughcancer.org.au/</a></p>
<p><b>Redkite</b>  </p> <p>Online or phone counselling and practical support for families dealing with a child with cancer.</p>	<p><a href="https://www.redkite.org.au/">https://www.redkite.org.au/</a> 1800 733 548</p>

## PHYSICAL HEALTH AND DISABILITY











<p><b>Sleep Health Foundation</b></p> <p>Factsheets, resources, and tips regarding common sleep problems.</p>	<p><a href="https://www.sleephealthfoundation.org.au">https://www.sleephealthfoundation.org.au</a></p>
<p><b>Stay Strong</b>   </p> <p>Therapist-guided tablet app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.</p>	<p><a href="https://www.aimhistaystrong.com.au/stay-strong/">https://www.aimhistaystrong.com.au/stay-strong/</a></p>
<p><b>Sunny App</b>  </p> <p>1800RESPECT's support app for women with disability who have experienced violence and abuse.</p>	<p><a href="https://www.1800respect.org.au/sunny">https://www.1800respect.org.au/sunny</a></p>
<p><b>This Way Up</b>  </p> <p><i>'Chronic pain'; 'Health Anxiety'; 'Managing Insomnia (free)'</i></p> <p>App and online CBT courses for pain and other issues. Self help and clinician-assisted options available.</p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>

## RELATIONSHIPS










<p><b>1800RESPECT</b>  </p> <p>24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence.</p>	<p><a href="http://www.1800respect.org.au/">http://www.1800respect.org.au/</a> 1800 737 732</p>
<p><b>Another Closet</b></p> <p>Information for people in LGBTIQ relationships experiencing domestic and family violence.</p>	<p><a href="http://www.anothercloset.com.au/">http://www.anothercloset.com.au/</a></p>
<p><b>Better Man</b></p> <p>An online program to strengthen and improve relationships for men who are worried about their use of violence in relationships.</p>	<p><a href="https://www.betterman.org.au/welcom-guest/?bm-visit-from/Th2qoLQ4wel7ehO">https://www.betterman.org.au/welcom-guest/?bm-visit-from/Th2qoLQ4wel7ehO</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Body Talk</b></p> <p>Relevant and accurate information about bodies, relationships and health for young people, parents, and carers. Includes tools for teachers. </p>	<p><a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a></p>
<p><b>Breakup Shakeup</b></p> <p>A behavioural activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup.</p>	<p><a href="https://apps.apple.com/au/app/breakup-shakeup/id1017200579">https://apps.apple.com/au/app/breakup-shakeup/id1017200579</a></p>
<p><b>Brother to Brother Crisis Line</b></p> <p>Phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.</p>	<p><a href="https://www.dardimunwurro.com.au/brother-to-brother/">https://www.dardimunwurro.com.au/brother-to-brother/</a></p>
<p><b>Bullying. No Way!</b></p> <p>Information, resources, and activities for bullying education and prevention.</p>	<p><a href="https://bullyingnoway.gov.au/">https://bullyingnoway.gov.au/</a></p>
<p><b>Burndawan</b></p> <p>Online program and information about harmful behaviours from a partner or family member for Aboriginal and Torres Strait Islander people.</p>	<p><a href="https://burndawan.com.au/">https://burndawan.com.au/</a></p>
<p><b>Changing for Good</b> </p> <p>Free telephone counselling for men who want help to end their use of violence in their relationships. Men must have completed a behaviour change program in the previous 6 months.</p>	<p><a href="http://mensline.org.au/changing-for-good/what-is-changing-for-good/">http://mensline.org.au/changing-for-good/what-is-changing-for-good/</a></p>



## RELATIONSHIPS

<p><b>Chats for Life</b> </p> <p>An app to help you to plan a conversation with someone that you may be concerned about.</p>	<p><a href="https://apps.apple.com/au/app/chats-for-life/id1245065245">https://apps.apple.com/au/app/chats-for-life/id1245065245</a></p>
<p><b>The Check-in app - Youth Beyond Blue</b>  </p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.</p>	<p><a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>
<p><b>Children of Parents with a Mental Illness</b> </p> <p>Information for parents with a mental illness, their family, friends and children, and training courses for professionals supporting families.</p>	<p><a href="https://www.copmi.net.au/">https://www.copmi.net.au/</a></p>
<p><b>Daisy</b>  </p> <p>An app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area.</p>	<p><a href="https://www.1800respect.org.au/daisy">https://www.1800respect.org.au/daisy</a></p>
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.</p>	<p><a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>
<p><b>eFriend</b></p> <p>A virtual peer support service that offers befriending sessions to connect people to eFriend Peers via video call or phone call.</p>	<p><a href="https://efriend.org.au/">https://efriend.org.au/</a></p>
<p><b>eGrow</b></p> <p>An online mental health support group to help people recovering from mental ill-health.</p>	<p><a href="https://egrow.org.au/egrow/">https://egrow.org.au/egrow/</a></p>
<p><b>Family Relationship Advice Line</b></p> <p>National telephone information and referral service that helps families affected by relationship or separation issues.</p>	<p><a href="https://www.familyrelationships.gov.au/talk-someone/advice-line">https://www.familyrelationships.gov.au/talk-someone/advice-line</a></p>
<p><b>FriendLine</b> </p> <p>A national support line "ready for a cuppa and a conversation" with trained volunteers.</p>	<p><a href="https://www.friendline.org.au">https://www.friendline.org.au</a> 1800</p>
<p><b>Living Well</b>   </p> <p>Information, resources and telephone support for men who have been sexually abused or assaulted. Also available as an app.</p>	<p><a href="https://livingwell.org.au/">https://livingwell.org.au/</a></p>

## RELATIONSHIPS

<p><b>Mensline Australia</b>  </p> <p>Telephone, online counselling, online peer support and information for men with concerns about mental health, anger management, family violence, addiction, relationships, stress and wellbeing.</p>	<p><a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78</p>
<p><b>Niggle</b>  </p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.</p>	<p><a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>
<p><b>No To Violence</b> </p> <p>Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).</p>	<p><a href="http://www.ntv.org.au">http://www.ntv.org.au</a> 1300 766 491</p>
<p><b>Our Watch</b></p> <p>Information, tools and resources for women and children experiencing or at risk of sexual assault, domestic or family violence.</p>	<p><a href="https://www.ourwatch.org.au/">https://www.ourwatch.org.au/</a></p>
<p><b>Parents Beyond Breakup</b> </p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.</p>	<p><a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>
<p><b>Rape and Domestic Violence Services Aus.</b>  </p> <p>Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault or domestic and family violence. Includes specific services for those affected by the Royal Commission, those affected by domestic violence, and anyone from the LGBTIQ+ community.</p>	<p><a href="http://www.rape-dvservices.org.au/">http://www.rape-dvservices.org.au/</a></p>
<p><b>Relationships Australia</b></p> <p>Information, tips and advice on relationship issues.</p>	<p><a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a></p>
<p><b>Say It Out Loud</b> </p> <p>Information for LGBTIQ+ individuals and communities about healthy relationships and how to find support services.</p>	<p><a href="https://sayitoutloud.org.au/abusive-relationships/?state=all">https://sayitoutloud.org.au/abusive-relationships/?state=all</a></p>

### RELATIONSHIPS

#### Woah (What's Okay At Home)





Online program include information, personal stories and advice for people aged 10 to 17 experiencing family violence, and their adult allies.

<https://woah.org.au/>

#### YourCrew

An app that allows young people to ask for help when they need it most, from people they know and trust.












<https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app>

<b>STRESS/WELLBEING</b>	
<p><b>5 Ways to Wellbeing</b> </p> <p>Website outlining five simple and effective ways you can improve your mental health and wellbeing every day.</p>	<p><a href="https://5waystowellbeing.org.au/">https://5waystowellbeing.org.au/</a></p>
<p><b>Act-Belong-Commit</b></p> <p>An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life.</p>	<p><a href="http://www.actbelongcommit.org.au/">http://www.actbelongcommit.org.au/</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>BITE BACK</b></p> <p>Positive psychology activities to improve resilience and wellbeing in young people aged 12-18.</p>	<p><a href="http://www.biteback.org.au">http://www.biteback.org.au</a></p>
<p><b>Centre for Clinical Interventions</b> </p> <p>'Anxiety'; 'Assertiveness'; 'Depression'; 'Perfectionism'; 'Procrastination'; 'Self Compassion'; 'Self Esteem'; 'Sleep'; 'Tolerating Distress'; 'Worry and Rumination'</p> <p>Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>
<p><b>Dear Mind</b></p> <p>A collection of easy, everyday mental wellbeing activities and a personalised mental wellbeing plan to encourage people to take time to strengthen their mental wellbeing.</p>	<p><a href="http://mentalwellbeing.initiatives.qld.gov.au/">http://mentalwellbeing.initiatives.qld.gov.au/</a></p>
<p><b>The Desk</b></p> <p>Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students.</p>	<p><a href="http://www.thedesk.org.au/">http://www.thedesk.org.au/</a></p>
<p><b>eCentre Clinic</b>  </p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, not all programs are always available - check the website for current programs.</p>	<p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>
<p><b>eFriend</b></p> <p>A virtual peer support service that offers befriending sessions to connect people to eFriend Peers via video call or phone call.</p>	<p><a href="https://efriend.org.au/">https://efriend.org.au/</a></p>

## STRESS/WELLBEING

<p><b>eGrow</b></p> <p>An online mental health support group to help people recovering from mental ill-health.</p>	<p><a href="https://egrow.org.au/egrow/">https://egrow.org.au/egrow/</a></p>
<p><b>eheadspace</b> </p> <p>Webchat, phone and email support and online group chats for young people (12-25 yrs) with a range of issues, and for their families and other adult supports.</p>	<p><a href="https://headspace.org.au/eheadspace">https://headspace.org.au/eheadspace</a> 1800 650 890</p>
<p><b>HeadGear</b>  </p> <p>An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge.</p>	<p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/</a></p>
<p><b>ifarmwell</b></p> <p>A free, online toolkit to help farmers cope effectively with life's challenges and get the most out of every day.</p>	<p><a href="http://www.ifarmwell.com.au">http://www.ifarmwell.com.au</a></p>
<p><b>iyarn</b>   </p> <p>An intuitive wellbeing app or website offering easily-completed check ins that are the catalyst for deeper thought and engagement with others.</p>	<p><a href="https://iyarn.com/">https://iyarn.com/</a></p>
<p><b>Mental Health Online</b>  </p> <p><i>'Made-4-Me, a tailored program'</i></p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p>	<p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>
<p><b>Mindgauge</b>  </p> <p>An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle.</p>	<p><a href="https://apps.apple.com/au/app/mindgauge/id1091408335">https://apps.apple.com/au/app/mindgauge/id1091408335</a> <a href="https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU">https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU</a></p>
<p><b>MindSpot Clinic</b>  </p> <p><i>'Indigenous wellbeing'; 'Mood mechanic'; 'Wellbeing'; 'Wellbeing plus'</i></p> <p>Online courses for a range of issues. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>MoodGYM</b> </p> <p>A free self-help program that teaches cognitive behavioural therapy skills to help prevent and manage symptoms of depression and anxiety.</p>	<p><a href="https://www.moodgym.com.au/">https://www.moodgym.com.au/</a></p>








## STRESS/WELLBEING

<p><b>MoodMission</b>  </p> <p>An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.</p>	<p><a href="http://www.moodmission.com/">http://www.moodmission.com/</a></p>
<p><b>MoodPrism</b>  </p> <p>An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health.</p>	<p><a href="http://www.moodprismapp.com/">http://www.moodprismapp.com/</a></p>
<p><b>myCompass</b> </p> <p>An online self-help program for people with mild to moderate depression, anxiety and stress.</p>	<p><a href="http://www.mycompass.org.au">http://www.mycompass.org.au</a></p>
<p><b>My Digital Health</b> </p> <p><i>'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'iChooseWell'; 'iMindTime'; 'iSleepWell'; 'Monitor Me'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for a range of issues.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>NewAccess</b> </p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p>	<p><a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>
<p><b>New Roots</b>  </p> <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia.</p>	<p><a href="http://www.ssi.org.au/new-roots">http://www.ssi.org.au/new-roots</a></p>
<p><b>Niggle</b>  </p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.</p>	<p><a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>
<p><b>The Online Clinic</b></p> <p>A free mental health assessment tool developed by Black Dog Institute. Provides a personalised report and suggestions for free or low-cost services and resources.</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au">https://onlineclinic.blackdoginstitute.org.au</a></p>
<p><b>Propa Deadly</b></p> <p>A compilation of audio stories for Aboriginal and Torres Strait Islander men and women sharing their experience of anxiety and depression.</p>	<p><a href="https://989fm.com.au/listen/programs/lets-talk/propa-deadly-napsia-vin-that/">https://989fm.com.au/listen/programs/lets-talk/propa-deadly-napsia-vin-that/</a></p>

## STRESS/WELLBEING

<p><b>ReachOut Next Step</b></p> <p>An online tool designed to make help seeking easier for 18-25 year olds, recommending relevant support options based on their symptoms.</p>	<p><a href="https://au.reachout.com/#nextstep">https://au.reachout.com/#nextstep</a></p>
<p><b>Smiling Mind</b>  </p> <p>A website and app teaching mindfulness meditation to young people (7-22yrs) and adults.</p>	<p><a href="http://www.smilingmind.com.au">http://www.smilingmind.com.au</a></p>
<p><b>Stay Strong</b>   </p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.</p>	<p><a href="https://www.aimhistaystrong.com.au/stay-strong/">https://www.aimhistaystrong.com.au/stay-strong/</a></p>
<p><b>Stress Less Tips</b></p> <p>Evidence-based tips that can help support mental health and wellbeing by decreasing stress. Also includes specific tips for uni students and new parents. Run by WayAhead Mental Health Association NSW.</p>	<p><a href="http://www.stresslesstips.org.au/">http://www.stresslesstips.org.au/</a></p>
<p><b>This Way Up</b>  </p> <p>'Coping with Stress (free)'; 'Intro to Mindfulness (free)'; 'Mindfulness-Based CBT'; 'Mixed Depression and Anxiety'; 'Student Wellbeing (free)';</p> <p>App and online CBT courses for a range of issues. Self help and fee based clinician-assisted options available.</p> <p><a href="http://www.thiswayup.org.au/how-we-can-help/course/">http://www.thiswayup.org.au/how-we-can-help/course/</a></p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/course/">http://www.thiswayup.org.au/how-we-can-help/course/</a></p>
<p><b>WellMob</b></p> <p>A website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.</p>	<p><a href="http://wellmob.org.au">http://wellmob.org.au</a></p>
<p><b>Wellways Helpline</b> </p> <p>Free and confidential emotional support and referral service. Also provide outreach support calls where suitable. Available Monday to Friday 9am to 9am.</p>	<p><a href="https://www.wellways.org/our-services/helpline">https://www.wellways.org/our-services/helpline</a> 1300 111 400</p>
<p><b>Yarning SafeNStrong</b> </p> <p>A national 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Aboriginal Health Service (VAHS).</p>	<p><a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a> 1800 959 563</p>



## SUBSTANCE USE & ADDICTIVE BEHAVIOURS

<p><b>Alcohol and Drug Foundation</b></p> <p>Information, tools and ideas to reduce the harm of alcohol and other drugs.</p>	<p><a href="https://adf.org.au">https://adf.org.au</a> 1300 85 85 85</p>
<p><b>Become</b></p> <p>Online program supporting people who have experienced trauma and who use alcohol or other drugs.</p>	<p><a href="https://become.cracksintheice.org.au/">https://become.cracksintheice.org.au/</a></p>
<p><b>Counselling Online</b> </p> <p>Free and confidential online chat (24/7) and email support, online self-help modules and information, and moderated peer support forums for those affected by alcohol and other drug addiction and their families and friends.</p>	<p><a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a></p>
<p><b>Gambling Help Online</b> </p> <p>24hr phone, online and email counselling, SMS support, online self-help modules, peer support forums, and tips and information for anyone affected by gambling. Also includes links to individual state gambling services.</p>	<p><a href="http://www.gamblinghelponline.org.au/">http://www.gamblinghelponline.org.au/</a> 1800 858 858</p>
<p><b>Hello Sunday Morning: Daybreak app</b>  </p> <p>An app to help individuals change their relationship with alcohol, with professional and community support.</p>	<p><a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a></p>
<p><b>Hi-Ground</b></p> <p>A website focused on harm reduction, containing blogs and stories, a comprehensive drug information, and later in 2021 a 24-hour chat service moderated by peer educators.</p>	<p><a href="https://hi-ground.org/">https://hi-ground.org/</a></p>
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p>	<p><a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>
<p><b>My Digital Health</b> </p> <p><i>'BDZ digital health'</i></p> <p>A psycho-education web &amp; mobile-based program to help reduce and gradually withdraw from benzodiazepine use.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>My QuitBuddy</b>  </p> <p>An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.</p>	<p><a href="https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app">https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app</a></p>





SUBSTANCE USE & ADDICTIVE BEHAVIOURS	
<p><b>National Alcohol and Other Drug Hotline</b> </p> <p>Connect to Alcohol and Drug Information services operating in your state/area.</p>	1800 250 015
<p><b>On Track with The Right Mix</b>  </p> <p>An app to help individuals keep track of their drinking over time.</p>	<a href="https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app">https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app</a>
<p><b>Parenting Strategies: Preventing Adolescent Alcohol Misuse</b></p> <p>Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems.</p>	<a href="http://www.parentingstrategies.net/alcohol/guidelines_introduction/">http://www.parentingstrategies.net/alcohol/guidelines_introduction/</a>
<p><b>Pivot Point</b></p> <p>Online tool linking members of the LGBTIQ+ community to information and support relating to alcohol and other drug (AOD) use.</p>	<a href="https://pivotpoint.org.au/">https://pivotpoint.org.au/</a>
<p><b>QuitCoach</b></p> <p>An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy.</p>	<a href="http://www.quitcoach.org.au">http://www.quitcoach.org.au</a>
<p><b>QuitLine</b> </p> <p>Telephone coaching for those wishing to quit smoking. Features a call-back service where users can book a time for Quit to call them (up to six call-backs offered).</p> <p><a href="http://www.quit.org.au/">http://www.quit.org.au/</a> 13 78 48</p>	<a href="http://www.quit.org.au/">http://www.quit.org.au/</a> 13 78 48
<p><b>Ray's Night Out</b> </p> <p>An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices.</p>	<a href="http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8">http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8</a>
<p><b>Stay Strong</b>   </p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.</p>	<a href="https://www.aimhistaystrong.com.au/stay-strong/">https://www.aimhistaystrong.com.au/stay-strong/</a>
<p><b>Touchbase</b></p> <p>A website providing information and resources on substance use, mental health and sexual health in the LGBTIQ+ community.</p>	<a href="https://touchbase.org.au/">https://touchbase.org.au/</a>
<p><b>Your Room</b></p> <p>Information about alcohol and other drugs.</p>	<a href="https://yourroom.health.nsw.gov.au">https://yourroom.health.nsw.gov.au</a>

## SUICIDE PREVENTION

<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Beyond Blue Beyond Now</b>   </p> <p>An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis.</p>	<p><a href="http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLv9X7qM0CFYmCvQod-W2lKow">http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLv9X7qM0CFYmCvQod-W2lKow</a></p>
<p><b>Chats for Life</b> </p> <p>An app to help you to plan a conversation with someone that you may be concerned about.</p>	<p><a href="https://apps.apple.com/au/app/chats-for-life/id1245065245">https://apps.apple.com/au/app/chats-for-life/id1245065245</a></p>
<p><b>The Check-in app - Youth Beyond Blue</b>  </p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.</p>	<p><a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>
<p><b>Conversations Matter</b> </p> <p>Online tools and podcasts for professionals and community members to support the safe discussion of suicide.</p>	<p><a href="http://www.conversationsmatter.com.au/">http://www.conversationsmatter.com.au/</a></p>
<p><b>Kurdiji</b> </p> <p>An app created by Australian Indigenous elders designed to save young Indigenous lives.</p>	<p><a href="http://www.kurdijapp.wordpress.com/">http://www.kurdijapp.wordpress.com/</a>  <a href="https://play.google.com/store/apps/details?id=com.Kurdiji&amp;hl=en_AU&amp;gl=US">https://play.google.com/store/apps/details?id=com.Kurdiji&amp;hl=en_AU&amp;gl=US</a></p>
<p><b>Lifeline</b> </p> <p>Phone and real time online crisis support.</p>	<p><a href="https://www.lifeline.org.au/crisis-chat/">https://www.lifeline.org.au/crisis-chat/</a>          13 11 14</p>
<p><b>My Digital Health</b> </p> <p><i>'iConsiderLife'</i>          A self-help, crisis and suicide prevention digital health program to help people currently experiencing distress or suicidal thoughts.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>Operation Life</b>   </p> <p>On-the-go access to emergency and professional support and self-help tools to help ADF personnel and veterans stay safe. Intended to complement clinical care.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app">https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app</a></p>
<p><b>ReMinder Suicide Safety Plan</b>  </p> <p>An app for users to create a digital suicide safety plan which can be shared with supporters and accessed anytime, anywhere.</p>	<p><a href="https://www.suicidecallbackservice.org.au/blog/reminder-suicide-safety-app-updated/">https://www.suicidecallbackservice.org.au/blog/reminder-suicide-safety-app-updated/</a></p>

## SUICIDE PREVENTION

<b>The Ripple Effect</b> An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.	<a href="http://www.therippleeffect.com.au/">http://www.therippleeffect.com.au/</a>
<b>You Are Not Alone</b> Information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk.	<a href="http://www.sane.org.au/you-are-not-alone">http://www.sane.org.au/you-are-not-alone</a>
<b>YourCrew</b>   An app that allows young people to ask for help when they need it most, from people they know and trust.	<a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a>

## TRAUMA

<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Blue Knot Foundation</b>  </p> <p>Phone and email counselling, information, resources and referral for adult survivors of childhood trauma.</p>	<p><a href="http://www.blueknot.org.au/">http://www.blueknot.org.au/</a> 1300 657 380 helpline@blueknot.org.au</p>
<p><b>Daisy</b>  </p> <p>An app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area.</p>	<p><a href="http://www.1800respect.org.au/daisy/">http://www.1800respect.org.au/daisy/</a></p>
<p><b>Mental Health Online</b>  </p> <p><i>'Post traumatic stress disorder'</i></p> <p>Online programs for a range of issues, with self-guided (free) or therapist support options (small fee).</p>	<p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>
<p><b>MindSpot Clinic</b>  </p> <p><i>'PTSD'</i></p> <p>Online courses for PTSD. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>My Digital Health</b> </p> <p><i>'Life Flex 4 PTSD'</i></p> <p>A self-help, crisis and suicide prevention digital health program to help people currently experiencing distress or suicidal thoughts.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>Open Arms</b>  </p> <p>24hr telephone crisis support and free mental health information for Australian veterans and their families.</p>	<p><a href="http://www.openarms.gov.au/">http://www.openarms.gov.au/</a> 1800 011 046</p>
<p><b>Peak Fortem</b></p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p>	<p><a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>
<p><b>PTSD Coach Australia</b>   </p> <p>An app that helps people understand and manage the symptoms of post-traumatic stress disorder.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app">https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app</a></p>

## TRAUMA

### **This Way Up**

*'Post-Traumatic Stress (free)'*

Online and app CBT courses for PTSD. Self help and fee based clinician-assisted options available.

<http://www.thiswayup.org.au/how-we-can-help/courses/>

### **Trauma and Grief Network**

A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.

<https://tgn/anu/edu.au/>

# Digital Mental Health Resources by Target Group



Low cost (services without this icon are free)



Counsellor/Coach/Therapist assistance included or available



Health Practitioner Integration










Available for download on Apple app store








Available for download on Google play store

## CARERS SERVICES


<p><b>Autism Launchpad</b></p> <p>A resource for young people with Autism or Asperger's and their families, providing information and guidance as they take some big steps and start their adult lives.</p>	<p><a href="http://www.autismlaunchpad.org.au/">http://www.autismlaunchpad.org.au/</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>The Butterfly Foundation</b>  </p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. Website includes 'Chat to Kit', a confidential chat portal providing information and resources.</p>	<p><a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>
<p><b>Cancer Counselling Service (Cancer Council QLD)</b>  </p> <p>Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends).</p>	<p><a href="https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/">https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/</a> 13 11 20</p>
<p><b>Carer Coach</b></p> <p>A five module training series developed by Arafmi, to help mental health carers and the people they care for navigate the NDIS.</p>	<p><a href="https://carercoach.com.au/">https://carercoach.com.au/</a></p>
<p><b>Carer Gateway</b> </p> <p>A national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services.</p>	<p><a href="http://www.carergateway.gov.au/">http://www.carergateway.gov.au/</a> 1800 422 737</p>
<p><b>The Dreamers Hub</b></p> <p>An online peer support platform and information hub for young carers.</p>	<p><a href="http://www.dreamershushub.com.au/">http://www.dreamershushub.com.au/</a></p>
<p><b>Drs4Drs</b> </p> <p>Online resources, referral services, and phone and online counselling for doctors and medical students who are struggling with their mental health.</p>	<p><a href="https://www.dr4drs.com.au/">https://www.dr4drs.com.au/</a> 1300 374 377</p>
<p><b>Eating Disorders Carer Help Kit</b> </p> <p>Detailed information on supporting someone with an eating disorder.</p>	<p><a href="https://eatingdisorderscarerhelp-kit.com.au/">https://eatingdisorderscarerhelp-kit.com.au/</a></p>

## CARERS SERVICES

<p><b>Eating Disorders Families Australia</b></p> <p>An information website for families/carers of people with an eating disorder.</p>	<p><a href="https://www.edfa.org.au">https://www.edfa.org.au</a></p>
<p><b>Eating Disorders Queensland</b></p> <p>Free information, downloads, videos and other resources on eating disorders.</p>	<p><a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a></p>
<p><b>Eating Disorders Victoria</b>  </p> <p>Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).</p>	<p><a href="https://www.eatingdisorders.org.au/">https://www.eatingdisorders.org.au/</a> 1 300 550 236</p>
<p><b>Feed Your Instinct</b></p> <p>Interactive tool designed to support parents of children and young people experiencing eating and/or body image problems.</p>	<p><a href="https://feedyourinstinct.com.au/">https://feedyourinstinct.com.au/</a></p>
<p><b>Hand-n-Hand</b></p> <p>Peer support providing emotional and wellbeing assistance for Australian and New Zealander health professionals.</p>	<p><a href="https://www.handnhand.org.au/">https://www.handnhand.org.au/</a></p>
<p><b>Mental Health Carers Australia</b> </p> <p>National information, support and referral phone line, with links to local professionals.</p>	<p><a href="http://www.mentalhealthcarersaustralia.org.au">www.mentalhealthcarersaustralia.org.au</a> 1 300 554 660</p>
<p><b>Mental Health Resources for Carers</b></p> <p>An online program to help support carers of people who have a mental illness.</p>	<p><a href="https://mhr4c.com.au/">https://mhr4c.com.au/</a></p>
<p><b>Parenting Through Cancer</b> </p> <p>Free expert advice, counselling and the chance to connect with other parents who are dealing with their own diagnosis or cancer in their family.</p>	<p><a href="https://parentingthroughcancer.org.au/">https://parentingthroughcancer.org.au/</a></p>
<p><b>Peak Fortem</b> </p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p>	<p><a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>
<p><b>Redkite</b>  </p> <p>Online or phone counselling and practical support for families dealing with a child with cancer.</p>	<p><a href="https://www.redkite.org.au/">https://www.redkite.org.au/</a> 1 800 733 548</p>





## CARERS SERVICES

<p><b>Sane Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling, and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>
<p><b>TEN - The Essential Network for Health Professionals</b></p> <p>An app and website connecting Health Professionals to tools, resources, and support to help them manage life through COVID-19.</p>	<p><a href="http://www.blackdoginstitute.org.au/ten/">http://www.blackdoginstitute.org.au/ten/</a></p>
<p><b>The Shared Table</b></p> <p>Free online meal support training program to assist carers in the provision of meal support.</p>	<p><a href="https://edgsharedtable.com.au/">https://edgsharedtable.com.au/</a></p>
<p><b>You Are Not Alone</b></p> <p>Information and tools to support carers throughout the stages of supporting someone who has attempted suicide, or who is at risk.</p>	<p><a href="http://www.sane.org.au/you-are-not-alone">http://www.sane.org.au/you-are-not-alone</a></p>
<p><b>Young Carers Network</b></p> <p>Information, support and links to support for carers under 25 years of age.</p>	<p><a href="https://youngcarersnetwork.com.au/">https://youngcarersnetwork.com.au/</a></p>













## CHILD & YOUTH SERVICES







<p><b>Autism Connect</b> </p> <p>National autism helpline, providing phone/webchat/email advice as well as online information for autistic people, their family and supporters.</p>	<p><a href="https://www.amaze.org.au/autism-connect/">https://www.amaze.org.au/autism-connect/</a> 1300 308 699</p>
<p><b>Autism Launchpad</b></p> <p>A resource for young people with Autism or Asperger's and their families, providing information and guidance as they take some big steps and start their adult lives.</p>	<p><a href="https://www.autismlaunchpad.org.au/">https://www.autismlaunchpad.org.au/</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>BITE BACK</b></p> <p>Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 yrs).</p>	<p><a href="http://www.biteback.org.au/">http://www.biteback.org.au/</a></p>
<p><b>Body Talk</b></p> <p>Relevant and accurate information about bodies, relationships and health for young people, parents, and carers. Includes tools for teachers.</p>	<p><a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a></p>
<p><b>The BRAVE program</b> </p> <p>Online program to help children and teens (3-17 yrs) overcome anxiety. Comprised of both youth and parent components.</p>	<p><a href="http://www.brave4you.psy.uq.edu.au/">http://www.brave4you.psy.uq.edu.au/</a></p>
<p><b>Breakup Shakeup</b> </p> <p>A behavioural activation app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup.</p>	<p><a href="http://itunes.apple.com/au/app/breakup-shakeup/id1017200579">http://itunes.apple.com/au/app/breakup-shakeup/id1017200579</a></p>
<p><b>Bullying. No Way!</b></p> <p>Information, resources, and activities for bullying education and prevention.</p>	<p><a href="https://bullyingnoway.gov.au/">https://bullyingnoway.gov.au/</a></p>
<p><b>The Butterfly Foundation</b>  </p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. Website includes 'Chat to Kit', a confidential chat portal providing information and resources.</p>	<p><a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>

## CHILD & YOUTH SERVICES




<p><b>CanTeen</b>  </p> <p>Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.</p>	<p><a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 support@canteen.org.au</p>
<p><b>CanTeen Connect</b> </p> <p>An online community of young people dealing with their own or a close family member's cancer, including access to counsellors.</p>	<p><a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a></p>
<p><b>The Check-in app - Youth Beyond Blue</b>  </p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.</p>	<p><a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>
<p><b>Children of Parents with a Mental Illness</b> </p> <p>Information for parents with a mental illness, their family, friends and children, and training courses for professionals supporting their families.</p>	<p><a href="https://www.copmi.net.au/">https://www.copmi.net.au/</a></p>
<p><b>Cool Little Kids Online</b>  </p> <p>A program providing parents of shy or anxious children (3-6 yrs) knowledge and practical skills to increase their child's knowledge.</p>	<p><a href="https://coollittlekids.org.au/login">https://coollittlekids.org.au/login</a></p>
<p><b>The Desk</b></p> <p>Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students.</p>	<p><a href="http://www.thedesk.org.au/">http://www.thedesk.org.au/</a></p>
<p><b>eheadspace</b> </p> <p>Internet chat, email or phone support for young people (12-25 yrs) with a range of issues, and for their families and other adult supports (registration only mandatory for online chat).</p>	<p><a href="http://www.eheadspace.org.au/">http://www.eheadspace.org.au/</a> 1800 650 890</p>
<p><b>Headspace Yarn Safe</b></p> <p>Information and support for Aboriginal and Torres Strait Islander mental health.</p>	<p><a href="https://headspace.org.au/yarn-safe/">https://headspace.org.au/yarn-safe/</a></p>
<p><b>Kids Helpline</b> </p> <p>24hr phone and real time web-based crisis support for youth (5-25 yrs).</p>	<p><a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a> 1800 55 1800</p>
<p><b>Livewire</b></p> <p>A safe, secure online community to help young people aged 12 to 20 years and their siblings cope with the impact of a serious illness, mental illness, chronic health condition or disability.</p>	<p><a href="https://livewire.org.au/">https://livewire.org.au/</a></p>

## CHILD & YOUTH SERVICES

<p><b>MindSpot Clinic</b>  </p> <p><i>'Mood mechanic course'</i></p> <p>Online courses to help young adults aged 18 to 25 learn to manage symptoms of depression and anxiety. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a></p>
<p><b>Niggle</b>  </p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.</p>	<p><a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>
<p><b>OCD? Not Me!</b> </p> <p>Online program including information, practical skills and support for young people (12-18yrs) with OCD.</p>	<p><a href="http://www.ocdotme.com.au/">http://www.ocdotme.com.au/</a></p>
<p><b>Ray's Night Out</b> </p> <p>An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices.</p>	<p><a href="http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8">http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8</a></p>
<p><b>ReachOut Next Step</b></p> <p>An online tool designed to make help seeking easier for 18-25 year olds, by recommending relevant support options based on their symptoms.</p>	<p><a href="https://au.reachout.com/#nextstep">https://au.reachout.com/#nextstep</a></p>
<p><b>Smiling Mind</b>  </p> <p>A website and app teaching Mindfulness Meditation to young people (7-22 yrs) and adults.</p>	<p><a href="http://www.smilingmind.com.au/">http://www.smilingmind.com.au/</a></p>
<p><b>This Way Up</b>  </p> <p><i>'Teen Mental Health (free)'</i></p> <p>Online and app CBT course for young people aged 12 -17, that helps equip them with proven and effective topics to manage worry and sadness.</p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>
<p><b>Woah (What's Okay At Home)</b></p> <p>Online program including information, personal stories and advice for people aged 10 to 17 experiencing family violence, and their adult allies.</p>	<p><a href="https://woah.org.au/">https://woah.org.au/</a></p>
<p><b>YourCrew</b>  </p> <p>An app that allows young people to ask for help when they need it most, from people they know and trust.</p>	<p><a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a></p>

INDIGENOUS & OTHER CULTURAL SERVICES	
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Brother to Brother Crisis Line</b></p> <p>Phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.</p>	<p><a href="https://www.dardimunwurro.com.au/brother-to-brother/">https://www.dardimunwurro.com.au/brother-to-brother/</a></p>
<p><b>Burdawan</b></p> <p>Online program and information about harmful behaviours from a partner or family member for Aboriginal and Torres Strait Islander people.</p>	<p><a href="https://burndawan.com.au/">https://burndawan.com.au/</a></p>
<p><b>Deadly Tots</b>  </p> <p>An interactive information app for every Aboriginal Family to help their Bub learn and grow.</p>	<p><a href="http://deadlytots.com.au/Pahe/deadlytotsapp">http://deadlytots.com.au/Pahe/deadlytotsapp</a></p>
<p><b>eCentre Clinic</b>  </p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, not all programs are always available - check the website for current programs.</p>	<p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>
<p><b>Headspace Yarn Safe</b></p> <p>Information and support for Aboriginal and Torres Strait Islander mental health.</p>	<p><a href="https://headspace.org.au/yarn-safe/">https://headspace.org.au/yarn-safe/</a></p>
<p><b>HitNet Community Hub</b></p> <p>An online kiosk delivering culturally appropriate health and social information to Australia's hardest-to-reach communities.</p>	<p><a href="http://kiosk.hitnet.com.au/public/">http://kiosk.hitnet.com.au/public/</a></p>
<p><b>iBobbly</b>  </p> <p>A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.</p>	<p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p>	<p><a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>

INDIGENOUS & OTHER CULTURAL SERVICES	
<p><b>iTalk Studios</b></p> <p>A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of traditional Aboriginal language.</p>	<p><a href="https://www/italkstudios.com.au">https://www/italkstudios.com.au</a></p>
<p><b>Kurdiji</b> ▶</p> <p>An app being created by Australian Indigenous elders designed to save young Indigenous lives.</p>	<p><a href="http://www.kurdijiapp.wordpress.com/">http://www.kurdijiapp.wordpress.com/</a>  <a href="https://play.google.com/store/apps/details?id=com.Kurdiji&amp;hl=en_AU&amp;gl=US">https://play.google.com/store/apps/details?id=com.Kurdiji&amp;hl=en_AU&amp;gl=US</a></p>
<p><b>MindSpot Clinic</b> 🧑 🧑</p> <p><i>'Indigenous wellbeing'</i></p> <p>Online courses for Indigenous wellbeing. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a>            1800 61 44 34</p>
<p><b>New Roots</b> 🗣️ ▶</p> <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia.</p>	<p><a href="http://www.ssi.org.au/new-roots">http://www.ssi.org.au/new-roots</a></p>
<p><b>Proppa Deadly</b></p> <p>A compilation of audio stories for Aboriginal and Torres Strait Islander men and women sharing their experience of anxiety and depression.</p>	<p><a href="https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-that/">https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-that/</a></p>
<p><b>QuitLine</b></p> <p>Culturally safe telephone coaching for those wishing to quit smoking. Features a call-back service where users can book a time for Quit to call them (up to six call-backs offered) - ask to speak with an Aboriginal counsellor when you call.</p>	<p><a href="https://www.quit.org.au/">https://www.quit.org.au/</a>            13 78 48</p>
<p><b>Stay Strong</b> 🧑 🗣️ ▶</p> <p>Therapist-guided tablet app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.</p>	<p><a href="https://www.aimhistaystrong.com.au/stay-strong/">https://www.aimhistaystrong.com.au/stay-strong/</a></p>
<p><b>WellMob</b></p> <p>A website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.</p>	<p><a href="http://wellmob.org.au">http://wellmob.org.au</a></p>
<p><b>Yarning SafeNStrong</b> 🧑</p> <p>A national 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Aboriginal Health Service (VAHS).</p>	<p><a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a>            1800 959 563</p>

<b>LGBTIQ+ SERVICES</b>	
<p><b>ACON</b></p> <p>Website outlining five simple and effective ways to improve your mental health and wellbeing every day.</p>	<p><a href="https://www.acon.org.au">https://www.acon.org.au</a></p>
<p><b>Another Closet</b></p> <p>Information for people in LGBTIQ+ relationships experiencing domestic and family violence.</p>	<p><a href="http://www.anothercloset.com.au/">http://www.anothercloset.com.au/</a></p>
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>Body Talk</b></p> <p>Relevant and accurate information about bodies, relationships and health for young people, parents and carers. Includes tools for teachers.</p>	<p><a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a></p>
<p><b>My Digital Health</b> </p> <p><i>'Life flex tailored for LGBQ adults'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for anxiety and depression.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>Parents of Gender-Diverse Children</b></p> <p>Peer support, information, resources and referrals for parents and carers of transgender and gender diverse children.</p>	<p><a href="https://www.pgdc.org.au/">https://www.pgdc.org.au/</a></p>
<p><b>Pivot Point</b></p> <p>Online tool linking members of the LGBTIQ+ community to information and support relating to alcohol and other drug (AOD) use.</p>	<p><a href="https://pivotpoint.org.au/">https://pivotpoint.org.au/</a></p>
<p><b>QLife</b>  </p> <p>Phone and online counselling and referrals for people of diverse sex, genders and sexualities.</p>	<p><a href="http://www qlife.org.au/">http://www qlife.org.au/</a> 1800 184 527</p>
<p><b>ReachOut</b></p> <p>Up-to-date information and articles for youth on a range of topics, including relationships and sexuality, and identity and gender. Also includes professionally moderated anonymous discussion forums.</p>	<p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p>

## LGBTIQ+ SERVICES

### Rape and Domestic Violence Services Aus.

Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault. Includes specific services for those affected by the Royal Commission, those affected by domestic violence, and anyone from the LGBTIQ+ community.

<http://www.rape-dvservices.org.au/>

### Say It Out Loud

Information for LGBTIQ+ individuals and communities about healthy relationships and how to find support services.

<https://sayitoutloud.org.au/abusive-relationships/?state=all>










### Touchbase

A website providing information and resources on substance use, mental health and sexual health in the LGBTI community.





<https://touchbase.org.au/>
















## OLDER ADULTS SERVICES











<p><b>Aged Care Grief and Bereavement Service</b> </p> <p>Phone/online counselling and information for people living and working in aged care, and their families and supporters.</p>	<p><a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a> 1800 22 22 00</p>
<p><b>Aurous Digital</b>  </p> <p>A social connection program that connects seniors to friendly volunteers, supporting them to be happy, healthy and socially active.</p>	<p><a href="https://www.aurous.org.au/index.php/our-services/aurous-digital">https://www.aurous.org.au/index.php/our-services/aurous-digital</a></p>
<p><b>Beyond Blue</b></p> <p>Up-to-date information and resources for depression in older adults.</p>	<p><a href="http://www.beyondblue.org.au/who-does-it-affect/older-people">http://www.beyondblue.org.au/who-does-it-affect/older-people</a></p>
<p><b>Dementia Australia</b>  </p> <p>Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.</p>	<p><a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a></p>
<p><b>Help with Dementia</b> </p> <p>Online chat and videoconference counselling, online peer support and information about dementia.</p>	<p><a href="http://www.helpwithdementia.org.au/">http://www.helpwithdementia.org.au/</a></p>
<p><b>MindSpot Clinic</b>  </p> <p><i>'Wellbeing plus'</i></p> <p>Online course which helps adults aged 60 years and older learn to manage symptoms of depression and anxiety. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>SANE Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling, and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="https://www.sane.org/information-stories/facts-and-guides/ageing-well#guide">https://www.sane.org/information-stories/facts-and-guides/ageing-well#guide</a> 1800 187 263</p>

## PERINATAL & PARENTING SERVICES














<p><b>Autism Connect</b> </p> <p>National autism helpline, providing phone/webchat/email advice as well as online information for autistic people, their family and supporters.</p>	<p><a href="https://www.amaze.org.au/autism-connect/">https://www.amaze.org.au/autism-connect/</a> 1300 308 699</p>
<p><b>Autism Launchpad</b></p> <p>A resource for young people with Autism or Asperger's and their families, providing information and guidance as they take some big steps and start their adult lives.</p>	<p><a href="http://www.autismlaunchpad.org.au/">http://www.autismlaunchpad.org.au/</a></p>
<p><b>Baby Steps</b></p> <p>An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood.</p>	<p><a href="http://www.babysteps.org.au/web/index">http://www.babysteps.org.au/web/index</a></p>
<p><b>Better Man</b></p> <p>An online program to strengthen and improve relationships for men who are worried about their use of violence in their intimate relationships.</p>	<p><a href="http://www.betterman.org.au/welcome-guest/?bm-visit-from=Th-2qoLQP4wel7ehO">http://www.betterman.org.au/welcome-guest/?bm-visit-from=Th-2qoLQP4wel7ehO</a></p>
<p><b>Body Talk</b></p> <p>Relevant and accurate information about bodies, relationships and health for young people, parents, and carers. Includes tools for teachers.</p>	<p><a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a></p>
<p><b>The BRAVE program (parent component)</b> </p> <p>Online program to help children and teens (3-17 yrs) overcome anxiety. Comprised of both youth and parent components.</p>	<p><a href="https://www.brave-online.com/">https://www.brave-online.com/</a></p>
<p><b>Bullying. No Way!</b></p> <p>Information, resources, and activities for bullying education and prevention.</p>	<p><a href="https://bullyingnoway.gov.au">https://bullyingnoway.gov.au</a></p>
<p><b>Children of Parents with a Mental Illness</b> </p> <p>Information for parents with a mental illness, their family, friends and children, and training courses for professionals supporting their families.</p>	<p><a href="https://www.copmi.net.au/">https://www.copmi.net.au/</a></p>
<p><b>Child360</b>  </p> <p>An app for parents supporting their children's social and emotional wellbeing and resilience.</p>	<p><a href="https://bullyingnoway.gov.au">https://bullyingnoway.gov.au</a></p>
<p><b>COPE</b> </p> <p>Information for expectant and new parents, with links on where to get support.</p>	<p><a href="https://www.cope.org.au/">https://www.cope.org.au/</a></p>

PERINATAL & PARENTING SERVICES	
<p><b>Deadly Tots</b>  </p> <p>An interactive information app for every Aboriginal Family to help their Bub learn and grow.</p>	<p><a href="http://deadlytots.com.au/Pahe/deadlytotsapp">http://deadlytots.com.au/Pahe/deadlytotsapp</a></p>
<p><b>Direct Advice for Dads</b></p> <p>Articles and tips by Dads for Dads.</p>	<p><a href="https://www.directadvicefordads.com.au/">https://www.directadvicefordads.com.au/</a></p>
<p><b>eSafety Parents</b></p> <p>Webinars, advice and resources for keeping children and teens safe online.</p>	<p><a href="https://www.esafety.gov.au/parents">https://www.esafety.gov.au/parents</a></p>
<p><b>Family Relationship Advice Line</b></p> <p>National telephone information and referral service that helps families affected by relationship or separation issues.</p>	<p><a href="https://www.familyrelationships.gov.au/talk-someone/advice-line">https://www.familyrelationships.gov.au/talk-someone/advice-line</a></p>
<p><b>Feed Your Instinct</b></p> <p>Interactive tool designed to support parents of children and young people experiencing eating and/or body image problems.</p>	<p><a href="https://feedyourinstinct.com.au/">https://feedyourinstinct.com.au/</a></p>
<p><b>Healthy Families</b></p> <p>Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing.</p>	<p><a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p>
<p><b>MindMum</b>  </p> <p>Information, tips, monitoring and planning app to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face.</p>	<p><a href="https://www.mumspace.com.au/when-you-need-extra-help/">https://www.mumspace.com.au/when-you-need-extra-help/</a></p>
<p><b>MumSpace</b> </p> <p>An information one-stop site supporting the mental health and emotional wellbeing of pregnant women, new mums and their families.</p>	<p><a href="http://www.mumspace.com.au/">http://www.mumspace.com.au/</a></p>
<p><b>MumMoodBooster</b> </p> <p>Online CBT treatment via MumSpace for new mothers who are experiencing depression or anxiety with SMS support.</p>	<p><a href="https://www.mumspace.com.au/online-treatments/">https://www.mumspace.com.au/online-treatments/</a></p>
<p><b>Mum2BMoodBooster</b> </p> <p>Online CBT treatment via MumSpace for pregnant women who are experiencing depression or anxiety with SMS support.</p>	<p><a href="https://www.mumspace.com.au/online-treatments/">https://www.mumspace.com.au/online-treatments/</a></p>
<p><b>PANDA</b>  </p> <p>Provides resources and information for new and expecting parents affected by anxiety and depression, as well as their partners or carers.</p>	<p><a href="http://www.panda.org.au/">http://www.panda.org.au/</a> 1300 726 306</p>

PERINATAL & PARENTING SERVICES	
<p><b>Parenting Through Cancer</b> </p> <p>Free expert advice, counselling and the chance to connect with other parents who are dealing with their own diagnosis or cancer in their family.</p>	<p><a href="http://parentingthroughcancer.org.au/">http://parentingthroughcancer.org.au/</a></p>
<p><b>Parents Beyond Breakup</b> </p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.</p>	<p><a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>
<p><b>Parent Line</b> </p> <p>Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories.</p>	<p><b>QLD &amp; NT:</b> <a href="http://www.parentline.com.au/">http://www.parentline.com.au/</a> 1300 30 1300  <b>NSW:</b> <a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a> 1300 1300 52  <b>VIC:</b> <a href="http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx">http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx</a> 13 22 89  <b>SA:</b> <a href="http://www.parenting.sa.gov.au">http://www.parenting.sa.gov.au</a> 1300 364 100  <b>WA:</b> (08) 6279 1200 or 1800 654 432  <b>ACT:</b> <a href="http://www.parentlineact.org.au">http://www.parentlineact.org.au</a> (02) 6287 3833  <b>TAS:</b> 1300 808 178</p>
<p><b>Parents of Gender-Diverse Children</b></p> <p>Peer support, information, resources and referrals for parents and carers of transgender and gender diverse children.</p>	<p><a href="https://www.pgdc.org.au/">https://www.pgdc.org.au/</a></p>
<p><b>ParentWorks</b></p> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies.</p>	<p><a href="http://www.parentworks.org.au/#/">http://www.parentworks.org.au/#/</a></p>
<p><b>Parenting Strategies: Preventing Adolescent Alcohol Misuse</b></p> <p>Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems.</p>	<p><a href="http://www.parentingstrategies.net/alcohol/guidelines_introduction/">http://www.parentingstrategies.net/alcohol/guidelines_introduction/</a></p>
<p><b>Pregnancy, Birth and Baby</b> </p> <p>24hr phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year.</p>	<p><a href="http://www.pregnancybirthbaby.org.au/">http://www.pregnancybirthbaby.org.au/</a> 1800 882 436</p>

PERINATAL & PARENTING SERVICES	
<p><b>Raising Children Network</b></p> <p>Up-to-date and evidence-based information about raising children and caring for yourself as a parent or carer.</p>	<p><a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a></p>
<p><b>ReachOut Parents</b></p> <p>Topical information, parenting skills and forums for parents of teenagers.</p>	<p><a href="http://parents.au.reachout.com/">http://parents.au.reachout.com/</a></p>
<p><b>ReachOut Parent Coaching</b> </p> <p>Phone and online coaching for parents to help them build a strong relationship with their teenager (12-18yrs).</p>	<p><a href="http://parents.au.reachout.com/coaching-eligibility">http://parents.au.reachout.com/coaching-eligibility</a></p>
<p><b>Sands</b>  </p> <p>Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death.</p>	<p><a href="http://www.sands.org.au/">http://www.sands.org.au/</a> 1300 072 637</p>
<p><b>This Way Up</b>  </p> <p><i>'Perinatal Mental Health'</i></p> <p>App and online CBT courses for parenting and other issues. Self help and fee based clinician-assisted options available.</p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>
<p><b>Triple P Online</b></p> <p>Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD.</p>	<p><a href="http://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/">http://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/</a></p>
<p><b>Trauma and Grief Network</b></p> <p>A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.</p>	<p><a href="https://tgn/anu/edu.au/">https://tgn/anu/edu.au/</a></p>
<p><b>What Were We Thinking</b>   </p> <p>An interactive online program and app for first-time parents.</p>	<p><a href="http://www.whatwerewethinking.org.au/">http://www.whatwerewethinking.org.au/</a></p>
<p><b>While I'm Away</b>  </p> <p>An app from Emerging Minds to help parents support the mental health and wellbeing of their child while being cared for by someone else.</p>	<p><a href="http://emergingminds.com.au/resources/while-im-away-app/">http://emergingminds.com.au/resources/while-im-away-app/</a></p>

## VETERAN SERVICES

<p><b>Defence Family Helpline</b> </p> <p>Email and helpline providing support, information and connection with your community, including your local DCO team.</p>	<p><a href="http://www.defence.gov.au/DCO/Defence-Helpline.asp">http://www.defence.gov.au/DCO/Defence-Helpline.asp</a> 1800 624 608</p>
<p><b>Fighting Fit</b></p> <p>Get information on: ADF mental health and rehabilitation, physical health problems, and other veteran services.</p>	<p><a href="https://www1.defence.gov.au/adf-members-families/health-well-being">https://www1.defence.gov.au/adf-members-families/health-well-being</a></p>
<p><b>High Res</b>  </p> <p>An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back.</p>	<p><a href="http://www.at-ease.dva.gov.au/highres/">http://www.at-ease.dva.gov.au/highres/</a> <a href="http://itunes.apple.com/au/app/high-res/id953366081?ls=1&amp;mt=8">http://itunes.apple.com/au/app/high-res/id953366081?ls=1&amp;mt=8</a> <a href="http://play.google.com/store/apps/details?id=com.gov.dva">http://play.google.com/store/apps/details?id=com.gov.dva</a></p>
<p><b>On Track with The Right Mix</b>  </p> <p>An app to help individuals keep track of their drinking over time.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app">https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app</a></p>
<p><b>Open Arms</b>  </p> <p>24hr telephone crisis support and free mental health information for Australian veterans and their families.</p>	<p><a href="http://www.openarms.gov.au/">http://www.openarms.gov.au/</a> 1800 011 046</p>
<p><b>Operation Life</b>   </p> <p>On-the-go access to emergency and professional support and self-help tools to help ADF personnel and veterans stay safe. Intended to complement clinical care.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app">https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app</a></p>
<p><b>PTSD Coach Australia</b>   </p> <p>An app that helps people understand and manage the symptoms of post-traumatic stress disorder.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app">https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app</a></p>

# Digital Mental Health Resources by Organisation

Many of the resources listed throughout this Guide can also be used by schools and workplaces. Useful factsheets can be found in our Resource Library: <https://www.emhprac.org.au/resources/group/>



Low cost (services without this icon are free)



Counsellor/Coach/Therapist assistance included or available



Health Practitioner Integration










Available for download on Apple app store








Available for download on Google play store

## SCHOOL SERVICES

<p><b>The Allen Adventure</b>  </p> <p>An app from Bullying. No Way! helping young children develop social and emotional skills, make friends and get along with others.</p>	<p><a href="https://bullyingnoway.gov.au/resources/early-childhood-to-year2">https://bullyingnoway.gov.au/resources/early-childhood-to-year2</a></p>
<p><b>Be You</b></p> <p>Information, resources, and strategies for educators supporting young people.</p>	<p><a href="https://beyou.edu.au/">https://beyou.edu.au/</a></p>
<p><b>BITEBACK</b></p> <p>Positive psychology activities to improve resilience and wellbeing in young people aged 12-18.</p>	<p><a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a></p>
<p><b>Bullying. No Way!</b></p> <p>Information, resources, and activities for bullying education and prevention.</p>	<p><a href="https://bullyingnoway.gov.au/">https://bullyingnoway.gov.au/</a></p>
<p><b>iyarn</b>   </p> <p>An intuitive wellbeing app or website offering easily-completed check ins that are the catalyst for deeper thought and engagement with others.</p>	<p><a href="https://iyarn.com/">https://iyarn.com/</a></p>
<p><b>Positive Choices</b></p> <p>An online portal to help school communities access accurate, up-to-date drug and alcohol education resources.</p>	<p><a href="http://www.positivechoices.org.au">www.positivechoices.org.au</a></p>
<p><b>ReachOut Schools</b></p> <p>Resources and information for teachers, as well as support for parents and carers to help support student wellbeing.</p>	<p><a href="https://schools.au.reachout.com/">https://schools.au.reachout.com/</a></p>
<p><b>R U OK?</b></p> <p>Information on suicide prevention for workplaces, schools and communities.</p>	<p><a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a></p>
<p><b>Smiling Mind</b>  </p> <p>A website and app teaching mindfulness meditation to young people (7-22 yrs) and adults.</p>	<p><a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p>
<p><b>Student Wellbeing Hub</b></p> <p>A central online space with information, resources and professional development for Australian teachers, students and parents, to promote the wellbeing and resilience of young people.</p>	<p><a href="https://studentwellbeinghub.edu.au/">https://studentwellbeinghub.edu.au/</a></p>



WORKPLACE SERVICES	
<p><b>Ahead for Business</b></p> <p>A digital hub to support small business mental health.</p>	<p><a href="https://aheadforbusiness.org.au/">https://aheadforbusiness.org.au/</a></p>
<p><b>Black Dog Institute</b> </p> <p><i>'Workplace Mental Health Toolkit'</i></p> <p>A comprehensive online toolkit for creating mentally healthy workplaces.</p>	<p><a href="https://www.blackdoginstitute.org.au/education-services/workplaces/mental-health-toolkit/">https://www.blackdoginstitute.org.au/education-services/workplaces/mental-health-toolkit/</a></p>
<p><b>Heads Up</b></p> <p>A website providing a wide range of resources, information and advice for individuals and organisations to create more mentally healthy workplaces.</p>	<p><a href="https://www.headsup.org.au/your-mental-health">https://www.headsup.org.au/your-mental-health</a></p>
<p><b>iyarn</b>   </p> <p>An intuitive wellbeing app or website offering easily-completed check ins that are the catalyst for deeper thought and engagement with others.</p>	<p><a href="https://iyarn.com/">https://iyarn.com/</a></p>
<p><b>Mental Health Commission</b></p> <p><i>'Mentally Healthy Workplaces during COVID-19'</i></p> <p>Practical tips and advice on helping employers and employees look out for signs that someone may need support, and assist them to find help when they need it.</p>	<p><a href="https://www.mentalhealthcommission.gov.au/Mental-health-Reform/National-Workplace-Initiative/Mentally-Healthy-Workplaces-during-COVID-19">https://www.mentalhealthcommission.gov.au/Mental-health-Reform/National-Workplace-Initiative/Mentally-Healthy-Workplaces-during-COVID-19</a></p>
<p><b>Mindarma</b> </p> <p>An evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential skills (fee to access).</p>	<p><a href="https://www.mindarma.com/holme/">https://www.mindarma.com/holme/</a></p>
<p><b>My Business Health</b></p> <p>A free portal of practical information and resources about day-to-day issues that affect the mental health of small business owners.</p>	<p><a href="https://www.asbfeo.gov.au/my-business-health/home">https://www.asbfeo.gov.au/my-business-health/home</a></p>
<p><b>Smiling Mind</b></p> <p>A website and app teaching mindfulness meditation to young people (7-22 yrs) and adults.</p>	<p><a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p>

# Digital Mental Health Resources by Delivery Mode



Low cost (services without this icon are free)



Counsellor/Coach/Therapist assistance included or available



Health Practitioner Integration










































Available for download on Apple app store










Available for download on Google play store








## APPS







<p><b>Beyond Blue Beyond Now</b>   </p> <p>An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis.</p>	<p><a href="http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLLv9X7qM0CFYmCvQodW2IKow">http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLLv9X7qM0CFYmCvQodW2IKow</a></p>
<p><b>Breakup Shakeup</b> </p> <p>A behavioural activation app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup.</p>	<p><a href="http://itunes.apple.com/au/app/breakup-shakeup/id1017200579">http://itunes.apple.com/au/app/breakup-shakeup/id1017200579</a></p>
<p><b>Chats for Life</b> </p> <p>An app to help you to plan a conversation with someone that you may be concerned about.</p>	<p><a href="https://apps.apple.com/au/app/chats-for-life/id1245065245">https://apps.apple.com/au/app/chats-for-life/id1245065245</a></p>
<p><b>The Check-in app - Youth Beyond Blue</b>  </p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.</p>	<p><a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>
<p><b>Child360</b>  </p> <p>An app for parents supporting their children's social and emotional wellbeing and resilience.</p>	<p><a href="https://emergingminds.com.au/resources/child360-app/">https://emergingminds.com.au/resources/child360-app/</a></p>
<p><b>Daisy</b>  </p> <p>An app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area.</p>	<p><a href="http://www.1800respect.org.au/daisy/">http://www.1800respect.org.au/daisy/</a></p>
<p><b>Deadly Tots</b>  </p> <p>An interactive information app for every Aboriginal Family to help their Bub learn and grow.</p>	<p><a href="http://deadlytots.com.au/Pahe/deadlytotsapp">http://deadlytots.com.au/Pahe/deadlytotsapp</a></p>
<p><b>HeadGear</b>  </p> <p>An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge.</p>	<p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/</a></p>
<p><b>Hello Sunday Morning: Daybreak app</b>  </p> <p>An app to help individuals change their relationship with alcohol, with professional and community support.</p>	<p><a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a></p>
<p><b>High Res</b>  </p> <p>An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back.</p>	<p><a href="http://www.at-ease.dva.gov.au/highres/">http://www.at-ease.dva.gov.au/highres/</a></p>
<p><b>iBobbly</b>  </p> <p>A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.</p>	<p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>

APPS	
<p><b>iyarn</b>   </p> <p>An intuitive wellbeing app or website offering easily-completed check ins that are the catalyst for deeper thought and engagement with others.</p>	<p><a href="https://iyarn.com/">https://iyarn.com/</a></p>
<p><b>Kurdiji</b> </p> <p>An app being created by Australian Indigenous elders designed to save young Indigenous lives.</p>	<p><a href="http://www.kurdijiapp.wordpress.com/">http://www.kurdijiapp.wordpress.com/</a>  <a href="https://play.google.com/store/apps/details?id=com.Kurdiji&amp;hl=en_AU&amp;gl=US">https://play.google.com/store/apps/details?id=com.Kurdiji&amp;hl=en_AU&amp;gl=US</a></p>
<p><b>Living Well</b>   </p> <p>Information, resources and telephone support for men who have been sexually abused or assaulted, their partner, family members or friends. Also available as an app.</p>	<p><a href="https://livingwell.org.au/">https://livingwell.org.au/</a></p>
<p><b>Mindgauge</b>  </p> <p>An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle.</p>	<p><a href="https://apps.apple.com/au/app/mindgauge/id1091408335">https://apps.apple.com/au/app/mindgauge/id1091408335</a>  <a href="https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU">https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU</a></p>
<p><b>MindMum</b>  </p> <p>Information, tips, monitoring and planning app to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face.</p>	<p><a href="https://www.mumspace.com.au/when-you-need-extra-help/">https://www.mumspace.com.au/when-you-need-extra-help/</a></p>
<p><b>MoodMission</b>  </p> <p>An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.</p>	<p><a href="http://www.moodmission.com/">http://www.moodmission.com/</a></p>
<p><b>MoodPrism</b>  </p> <p>An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health.</p>	<p><a href="http://www.moodprismapp.com/">http://www.moodprismapp.com/</a></p>
<p><b>My Grief</b>  </p> <p>Resources to support bereaved people and practical strategies on how to best assist someone else who is grieving.</p>	<p><a href="https://www.grief.org.au/ACGB/Bereavement_Support/MyGrief.aspx">https://www.grief.org.au/ACGB/Bereavement_Support/MyGrief.aspx</a></p>
<p><b>My QuitBuddy</b>  </p> <p>An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.</p>	<p><a href="https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app">https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app</a></p>







APPS	
<p><b>New Roots</b>  </p> <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia.</p>	<p><a href="http://www.ssi.org.au/new-roots">http://www.ssi.org.au/new-roots</a></p>
<p><b>Niggle</b>  </p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.</p>	<p><a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>
<p><b>On Track with The Right Mix</b>  </p> <p>An app to help individuals keep track of their drinking over time.</p>	<p><a href="http://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app">http://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app</a></p>
<p><b>Operation Life</b>   </p> <p>On-the-go access to emergency and professional support and self-help tools to help ADF personnel and veterans stay safe. Intended to complement clinical care.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app">https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app</a></p>
<p><b>PTSD Coach Australia</b>   </p> <p>An app that helps people understand and manage the symptoms of post-traumatic stress disorder.</p>	<p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app">https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app</a></p>
<p><b>Ray's Night Out</b> </p> <p>An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices.</p>	<p><a href="http://itunes.apple.com/au/app/rays-night-out/id978589597?mt=8">http://itunes.apple.com/au/app/rays-night-out/id978589597?mt=8</a></p>
<p><b>ReachOut WorryTime</b>  </p> <p>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.</p>	<p><a href="https://au.reachout.com/tools-and-apps/reachout-worrytime">https://au.reachout.com/tools-and-apps/reachout-worrytime</a></p>
<p><b>ReMinder Suicide Safety Plan</b>  </p> <p>An app for users to create a digital suicide safety plan which can be shared with supporters and accessed anytime, anywhere.</p>	<p><a href="http://www.suicidecallbackservice.org.au/blog/reminder-suicide-safety-plan-app-updated/">http://www.suicidecallbackservice.org.au/blog/reminder-suicide-safety-plan-app-updated/</a></p>
<p><b>Smiling Mind</b>  </p> <p>A website and app teaching mindfulness meditation to young people (7-22 yrs) and adults.</p>	<p><a href="http://www.smilingmind.com.au/">http://www.smilingmind.com.au/</a></p>
<p><b>Stay Strong</b>   </p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.</p>	<p><a href="https://www.aimhistaystrong.com.au/stay-strong/">https://www.aimhistaystrong.com.au/stay-strong/</a></p>
<p><b>Sunny App</b>  </p> <p>1800RESPECT's support app for women with disability who have experienced violence and abuse.</p>	<p><a href="https://www.1800respect.org.au/sunny">https://www.1800respect.org.au/sunny</a></p>

APPS	
<p><b>TEN - The Essential Network for Health Professionals</b></p> <p>An app and website connecting Health Professionals to tools, resources, and support to help them manage life through COVID-19.</p>	<p><a href="https://www.blackdoginstitute.org.au/ten/">https://www.blackdoginstitute.org.au/ten/</a></p>
<p><b>What Were We Thinking</b>   </p> <p>An interactive online program and app for first-time parents.</p>	<p><a href="http://whatwerewethinking.org.au/">http://whatwerewethinking.org.au/</a>  <a href="http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&amp;mt=8">http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&amp;mt=8</a></p>
<p><b>While I'm Away</b>  </p> <p>An app from Emerging Minds to help parents support the mental health and wellbeing of their child while being cared for by someone else.</p>	<p><a href="https://emergingminds.com.au/resources/while-im-away-app/">https://emergingminds.com.au/resources/while-im-away-app/</a></p>
<p><b>YourCrew</b>  </p> <p>An app that allows young people to ask for help when they need it most, from people they know and trust.</p>	<p><a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a></p>








<b>ONLINE PEER SUPPORT (MODERATED)</b>	
<p><b>Beyond Blue Online Forums</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>	<p><a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>
<p><b>The Butterfly Foundation</b>  </p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. Website includes 'Chat to Kit', a confidential chat portal providing information and resources.</p>	<p><a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>
<p><b>CanTeen</b>  </p> <p>Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.</p>	<p><a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 s upport@canteen.org.au</p>
<p><b>CanTeen Connect</b> </p> <p>An online community of young people dealing with their own or a close family member's cancer, including access to counsellors.</p>	<p><a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a></p>
<p><b>Counselling Online</b> </p> <p>Free and confidential online chat (24/7) and email support, online self-help modules and information, and moderated peer support forums for those affected by alcohol and other drug addiction and their families and friends.</p>	<p><a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a></p>
<p><b>The Dreamers Hub</b></p> <p>An online peer support platform and information hub for young carers.</p>	<p><a href="http://www.dreamershub.com.au/">http://www.dreamershub.com.au/</a></p>
<p><b>Eating Disorders Queensland</b></p> <p>Free information, downloads, videos and other resources on eating disorders.</p>	<p><a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a></p>
<p><b>eGrow</b></p> <p>An online mental health support group to help people recovering from mental ill-health.</p>	<p><a href="http://grow.org.au/egrow/">http://grow.org.au/egrow/</a></p>
<p><b>Gambling Help Online</b> </p> <p>24hr phone, online and email counselling SMS support, online self-help modules, peer support forums, and tips and information for anyone affected by gambling. Also includes links to individual state gambling services.</p>	<p><a href="https://gamblinghelponline.org.au/">https://gamblinghelponline.org.au/</a> 1800 858 858</p>








<b>ONLINE PEER SUPPORT (MODERATED)</b>	
<p><b>Healthy Families</b></p> <p>Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their lives while taking care of their own mental health and wellbeing.</p>	<p><a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p>
<p><b>Griefline</b> </p> <p>Phone counselling services, peer support forums and information for individuals and families who are experiencing loss and grief.</p>	<p><a href="https://griefline.org.au/">https://griefline.org.au/</a> 1 300 845 307</p>
<p><b>Hand-n-Hand</b></p> <p>Peer support providing emotional and wellbeing assistance for Australian and New Zealander health professionals.</p>	<p><a href="https://www.handnhand.org.au/">https://www.handnhand.org.au/</a></p>
<p><b>Hello Sunday Morning: Daybreak app</b>  </p> <p>An app to help individuals change their relationship with alcohol, with professional and community support.</p>	<p><a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a></p>
<p><b>Help with Dementia</b> </p> <p>Online chat and videoconference counselling, online peer support and information about dementia.</p>	<p><a href="http://helpwithdementia.org.au/">http://helpwithdementia.org.au/</a></p>
<p><b>Hi-Ground</b></p> <p>A website focused on harm reduction, containing blogs and stories, a comprehensive set of drug information, and later in 2021 a 24-hour chat service moderated by peer educators.</p>	<p><a href="https://hi-ground.org/resources/">https://hi-ground.org/resources/</a></p>
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p>	<p><a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>
<p><b>Livewire</b></p> <p>A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability.</p>	<p><a href="https://livewire.org.au/">https://livewire.org.au/</a></p>
<p><b>Mensline Australia</b>  </p> <p>Telephone, online counselling, online peer support and information for men with concerns about mental health, anger management, family violence, addiction, relationship, stress and wellbeing.</p>	<p><a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1 300 78 99 78</p>












<b>ONLINE PEER SUPPORT (MODERATED)</b>	
<p><b>Mental Health Carers Australia</b> </p> <p>National information, support and referral phone line, with links to local professionals.</p>	<p><a href="http://www.mentalhealthcarersaustralia.org.au">www.mentalhealthcarersaustralia.org.au</a> 1300 554 660</p>
<p><b>My QuitBuddy</b>  </p> <p>An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.</p>	<p><a href="https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app">https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app</a></p>
<p><b>Parenting Through Cancer</b> </p> <p>Free expert advice, counselling and the chance to connect with other parents who are dealing with their own diagnosis or cancer in their family.</p>	<p><a href="https://parentingthroughcancer.org.au/">https://parentingthroughcancer.org.au/</a></p>
<p><b>Parents Beyond Breakup</b> </p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.</p>	<p><a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>
<p><b>Parents of Gender-Diverse Children</b></p> <p>Peer support, information, resources and referrals for parents and carers of transgender and gender diverse children.</p>	<p><a href="https://www.pgdc.org.au/">https://www.pgdc.org.au/</a></p>
<p><b>ParentWorks</b></p> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies.</p>	<p><a href="http://parentworks.org.au/#/">http://parentworks.org.au/#/</a></p>
<p><b>ReachOut</b></p> <p>Up-to-date information and articles for youth on a range of topics. Also includes professionally moderated anonymous discussion forums.</p>	<p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p>
<p><b>ReachOut Parents</b></p> <p>Topical information, parenting skills and forums for parents of teenagers.</p>	<p><a href="http://parents.au.reachout.com/">http://parents.au.reachout.com/</a></p>
<p><b>Sane Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling, and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>






<b>ONLINE PROGRAMS</b>	
<p><b>5 Ways to Wellbeing</b> ⓘ</p> <p>Website outlining five simple and effective ways you can improve your mental health and wellbeing every day.</p>	<p><a href="https://5waystowellbeing.org.au/">https://5waystowellbeing.org.au/</a></p>
<p><b>Act-Belong-Commit</b></p> <p>An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life.</p>	<p><a href="http://www.actbelongcommit.org.au/">http://www.actbelongcommit.org.au/</a></p>
<p><b>Baby Steps</b></p> <p>An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood.</p>	<p><a href="http://www.babysteps.org.au/web/index">http://www.babysteps.org.au/web/index</a></p>
<p><b>Become</b></p> <p>Online program supporting people who have experienced trauma and who use alcohol or other drugs.</p>	<p><a href="https://become.cracksintheice.org.au/">https://become.cracksintheice.org.au/</a></p>
<p><b>Better Man</b></p> <p>An online program to strengthen and improve relationships for men who are worried about their use of violence in relationships.</p>	<p><a href="https://www.betterman.org.au/welcome-guest/?bm-visit-from=Th2qoLQP4wel7ehO">https://www.betterman.org.au/welcome-guest/?bm-visit-from=Th2qoLQP4wel7ehO</a></p>
<p><b>BITE BACK</b></p> <p>Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs).</p>	<p><a href="http://www.biteback.org.au/">http://www.biteback.org.au/</a></p>
<p><b>The BRAVE program</b> ⓘ</p> <p>Online program to help children and teens (3-17 yrs) overcome anxiety. Comprised of both youth and parent components.</p>	<p><a href="https://www.brave-online.com/">https://www.brave-online.com/</a></p>
<p><b>Burdawan</b></p> <p>Online program and information about harmful behaviours from a partner or family member for Aboriginal and Torres Strait Islander people.</p>	<p><a href="https://burndawan.com.au/">https://burndawan.com.au/</a></p>
<p><b>Carer Coach</b></p> <p>A five module training series developed by Arafmi, to help mental health carers and the people they care for navigate the NDIS.</p>	<p><a href="https://carercoach.com.au/">https://carercoach.com.au/</a></p>












ONLINE PROGRAMS	
<p><b>Centre for Clinical Interventions</b> </p> <p><i>'Anxiety'; 'Assertiveness'; 'Appearance Concerns'; 'Bipolar'; 'Body Dysmorphia'; 'Depression'; 'Disordered Eating'; 'Health Anxiety'; 'Panic'; 'Perfectionism'; 'Procrastination'; 'Self-Compassion'; 'Self-Esteem'; 'Sleep'; 'Social Anxiety'; 'Tolerating Distress'; 'Worry and Rumination'</i></p> <p>Self-help workbooks and modules for a range of mental health issues.</p>	<p><a href="http://www.cci.health.wa.gov.au/resources/consumers.cfm">http://www.cci.health.wa.gov.au/resources/consumers.cfm</a></p>
<p><b>Cool Little Kids Online</b>  </p> <p>A program providing parents of shy or anxious children (3-6 yrs) knowledge and practical skills to increase their child's knowledge.</p>	<p><a href="https://coollittlekids.org.au/login">https://coollittlekids.org.au/login</a></p>
<p><b>Counselling Online</b> </p> <p>Free and confidential online chat (24/7) and email support, online self-help modules and information, and moderated peer support forums for those affected by alcohol and other drug addiction and their families and friends.</p>	<p><a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a></p>
<p><b>Dear Mind</b></p> <p>A collection of easy, everyday mental health wellbeing activities and a personalised mental wellbeing plan encouraging people to take time to strengthen their mental wellbeing.</p>	<p><a href="https://mentalwellbeing.initiatives.qld.gov.au/">https://mentalwellbeing.initiatives.qld.gov.au/</a></p>
<p><b>The Desk</b></p> <p>Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students.</p>	<p><a href="http://www.thedesk.org.au/">http://www.thedesk.org.au/</a></p>
<p><b>Drs4Drs</b> </p> <p>Online resources, referral services, and phone and online counselling for doctors and medical students who are struggling with their mental health.</p>	<p><a href="https://www.dr4drs.com.au/">https://www.dr4drs.com.au/</a> 1300 374 377</p>
<p><b>eCentre Clinic</b>  </p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, not all programs are always available - check the website for current programs.</p>	<p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.</p>	<p><a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>

ONLINE PROGRAMS	
<p><b>Feed Your Instinct</b></p> <p>Interactive tool designed to support parents of children and young people experiencing eating and/or body image problems.</p>	<p><a href="http://feedyourinstinct.com.au/">http://feedyourinstinct.com.au/</a></p>
<p><b>Finding My Way</b></p> <p>An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.</p>	<p><a href="http://www.findingmyway.org.au">http://www.findingmyway.org.au</a></p>
<p><b>Gambling Help Online</b> </p> <p>24hr phone, online and email counselling, SMS support, online self-help modules, peer support forums, and tips and information for anyone affected by gambling. Also includes links to individual state gambling services.</p>	<p><a href="http://www.gamblinghelponline.org.au/">http://www.gamblinghelponline.org.au/</a> 1800 858 858</p>
<p><b>Healthy Mind</b> </p> <p>An online Easy Read tool by Black Dog Institute designed to help people with intellectual disability to recognise and regulate their thoughts and feelings.</p>	<p><a href="https://www.healthymind.org.au/#">https://www.healthymind.org.au/#</a></p>
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p>	<p><a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>
<p><b>ifarmwell</b></p> <p>A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day.</p>	<p><a href="http://www.ifarmwell.com.au">http://www.ifarmwell.com.au</a></p>
<p><b>iyarn</b>   </p> <p>An intuitive wellbeing app or website offering easily-completed check ins that are the catalyst for deeper thought and engagement with others.</p>	<p><a href="https://iyarn.com/">https://iyarn.com/</a></p>
<p><b>Mental Health Online</b>  </p> <p><i>'Depression'; 'Generalised anxiety disorder'; 'Made-4-Me, a tailored program'; 'Obsessive compulsive disorder'; 'Panic disorder with or without agoraphobia'; 'Post traumatic stress disorder'; 'Social anxiety disorder'</i></p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p>	<p><a href="http://www.mentalhealthonline.org.au/">http://www.mentalhealthonline.org.au/</a></p>









ONLINE PROGRAMS	
<p><b>Mental Health Resources for Carers</b></p> <p>An online program to help support carers of people who have a mental illness.</p>	<p><a href="https://mhr4c.com.au/">https://mhr4c.com.au/</a></p>
<p><b>MindSpot Clinic</b>  </p> <p><i>'Chronic pain'; 'Indigenous wellbeing'; 'Mood mechanic'; 'OCD'; 'PTSD'; 'Wellbeing'; 'Wellbeing plus'</i></p> <p>Online courses for a range of issues. Includes assessment, feedback and therapist support.</p>	<p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>
<p><b>MoodGYM</b> </p> <p>A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety.</p>	<p><a href="http://www.moodgym.anu.edu.au/welcome">http://www.moodgym.anu.edu.au/welcome</a></p>
<p><b>MumMoodBooster</b> </p> <p>Online CBT treatment via MumSpace for new mothers who are experiencing depression or anxiety with SMS support.</p>	<p><a href="https://www.mumspace.com.au/online-treatments/">https://www.mumspace.com.au/online-treatments/</a></p>
<p><b>Mum2BMoodBooster</b> </p> <p>Online CBT treatment via MumSpace for pregnant women who are experiencing depression or anxiety with SMS support.</p>	<p><a href="https://www.mumspace.com.au/online-treatments/">https://www.mumspace.com.au/online-treatments/</a></p>
<p><b>myCompass</b> </p> <p>An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.</p>	<p><a href="http://www.mycompass.org.au/">http://www.mycompass.org.au/</a></p>
<p><b>My Digital Health</b> </p> <p><i>'BDZ digital health'; 'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'Life FLEX 4 PTSD'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'; 'Monitor Me'</i></p> <p>Web and mobile psychoeducation programs for a range of issues.</p>	<p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>
<p><b>OCD? Not Me!</b> </p> <p>Online program including information, practical skills and support for young people (12-18yrs) with OCD.</p>	<p><a href="http://www.ocdotnotme.com.au/">http://www.ocdotnotme.com.au/</a></p>
<p><b>Parenting Strategies: Preventing Adolescent Alcohol Misuse</b></p> <p>Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems.</p>	<p><a href="http://www.parentingstrategies.net/alcohol/guidelines_introduction/">http://www.parentingstrategies.net/alcohol/guidelines_introduction/</a></p>










<b>ONLINE PROGRAMS</b>	
<p><b>ParentWorks</b></p> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies.</p>	<p><a href="http://parentworks.org.au/#/">http://parentworks.org.au/#/</a></p>
<p><b>Peak Fortem</b></p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p>	<p><a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>
<p><b>Pivot Point</b></p> <p>Online tool linking members of the LGBTIQ+ community to information and support relating to alcohol and other drug (AOD) use.</p>	<p><a href="https://pivotpoint.org.au/">https://pivotpoint.org.au/</a></p>
<p><b>QuitCoach</b></p> <p>An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy.</p>	<p><a href="http://www.quitcoach.org.au">http://www.quitcoach.org.au</a></p>
<p><b>Reach Out and Recover (ROAR)</b></p> <p>Interactive tools to support people who have eating or body image concerns, and help them with their next step towards recovery.</p>	<p><a href="https://reachoutandrecover.com.au/">https://reachoutandrecover.com.au/</a></p>
<p><b>The Ripple Effect</b></p> <p>An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.</p>	<p><a href="http://www.therippleeffect.com.au/">http://www.therippleeffect.com.au/</a></p>
<p><b>The Shared Table</b></p> <p>Free online meal support training program to assist carers in the provision of meal support.</p>	<p><a href="https://edgsharedtable.com.au/">https://edgsharedtable.com.au/</a></p>
<p><b>Smiling Mind</b> </p> <p>A website and app teaching mindfulness meditation to young people (7-22 yrs) and adults.</p>	<p><a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p>
<p><b>TEN - The Essential Network for Health Professionals</b></p> <p>An app and website connecting Health Professionals to tools, resources, and support to help them manage life through COVID-19.</p>	<p><a href="https://www.blackdoginstitute.org.au/ten/">https://www.blackdoginstitute.org.au/ten/</a></p>












ONLINE PROGRAMS	
<p><b>This Way Up</b>  </p> <p>'Chronic Pain (free)'; 'Coping with Stress (free)'; 'Depression'; 'Health Anxiety'; 'Intro to Mindfulness (free)'; 'Managing Insomnia (free)'; 'Mindfulness-Based CBT'; 'Mixed Depression and Anxiety'; 'OCD'; 'Panic Attacks'; 'Perinatal Mental Health'; 'Post-Traumatic Stress (free)'; 'Social Anxiety'; 'Student Wellbeing (free)'; 'Teen Mental Health (free)'; 'Worry'</p> <p>App and online CBT course for a range of different issues. Self help and clinician-assisted options available.</p>	<p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>
<p><b>Triple P Online</b></p> <p>Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD.</p>	<p><a href="http://www.triplep-parenting.net.au/qld-uken/get-help/triple-p-online/">http://www.triplep-parenting.net.au/qld-uken/get-help/triple-p-online/</a></p>
<p><b>What Were We Thinking</b>   </p> <p>An interactive online program and app for first-time parents.</p>	<p><a href="http://www.whatwerewethinking.org.au/">http://www.whatwerewethinking.org.au/</a></p>
<p><b>Woah (What's Okay At Home)</b></p> <p>Online program including information, personal stories and advice for people aged 10 to 17 experiencing family violence, and their adult allies.</p>	<p><a href="https://woah.org.au/">https://woah.org.au/</a></p>











TELEPHONE & ONLINE COUNSELLING	
<p><b>1800RESPECT</b>  </p> <p>24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence.</p>	<p><a href="http://www.1800respect.org.au/">http://www.1800respect.org.au/</a> 1800 737 732</p>
<p><b>Aged Care Grief and Bereavement Service</b> </p> <p>Phone/online counselling and information for people living and working in aged care, and their families and supporters.</p>	<p><a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a> 1800 22 22 00</p>
<p><b>Autism Connect</b> </p> <p>National autism helpline, providing phone/webchat/email advice as well as online information for people with autism, their family and supporters.</p>	<p><a href="https://www.amaze.org.au/autism-connect/">https://www.amaze.org.au/autism-connect/</a> 1300 308 699</p>
<p><b>Aurous Digital</b></p> <p>A social connection program that connects seniors to friendly volunteers, supporting them to be happy, healthy and socially active.</p>	<p><a href="https://www.aurous.org.au/index.php/our-services/aurous-digital">https://www.aurous.org.au/index.php/our-services/aurous-digital</a></p>
<p><b>Beyond Blue Support Service</b> </p> <p>24hr telephone, online and email counselling for people going through a tough time.</p>	<p><a href="http://www.beyondblue.org.au/get-support/get-immediate-support">http://www.beyondblue.org.au/get-support/get-immediate-support</a> 1300 22 4636</p>
<p><b>Blue Knot Foundation</b>  </p> <p>Phone and email counselling, information, resources and referral for adult survivors of childhood trauma.</p>	<p><a href="http://www.blueknot.org.au/">http://www.blueknot.org.au/</a> 1300 657 380 helpline@blueknot.org.au</p>
<p><b>Brother to Brother Crisis Line</b></p> <p>Phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.</p>	<p><a href="https://www.dardimunwurro.com.au/brother-to-brother/">https://www.dardimunwurro.com.au/brother-to-brother/</a></p>
<p><b>The Butterfly Foundation</b>  </p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. Website includes 'Chat to Kit', a confidential chat portal providing information and resources.</p>	<p><a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>
<p><b>Cancer Counselling Service (Cancer Council QLD)</b>  </p> <p>Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends).</p>	<p><a href="https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/">https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/</a> 07 3634 5248</p>













TELEPHONE & ONLINE COUNSELLING	
<p><b>CanTeen</b>  </p> <p>Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.</p>	<p><a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 support@canteen.org.au</p>
<p><b>CanTeen Connect</b> </p> <p>An online community of young people dealing with their own or a close family member's cancer, including access to counsellors.</p>	<p><a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a></p>
<p><b>Carer Gateway</b> </p> <p>A national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services.</p>	<p><a href="http://www.carergateway.gov.au/">http://www.carergateway.gov.au/</a> 1800 422 737</p>
<p><b>Changing for Good</b> </p> <p>Free telephone counselling for men who want help to end their use of violence in their relationships. Men must have completed a behaviour change program in the previous 6 months.</p>	<p><a href="http://mensline.org.au/changingfor-good/what-is-changing-for-good/">http://mensline.org.au/changingfor-good/what-is-changing-for-good/</a> 1300 015 120</p>
<p><b>Compassionate Friends Australia</b> </p> <p>Telephone and email support for bereaved parents, siblings and grandparents after the death of a child.</p>	<p><a href="https://tcfa.org.au/">https://tcfa.org.au/</a></p>
<p><b>Counselling Online</b> </p> <p>Free and confidential online chat (24/7) and email support, online self-help modules and information, and moderated peer support forums for those affected by alcohol and other drug addiction and their families and friends.</p>	<p><a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a></p>
<p><b>Defence Family Helpline</b> </p> <p>Email and helpline providing support, information and connection with your community, including your local DCO team.</p>	<p><a href="http://www.defence.gov.au/DCO/Defence-Helpline.asp">http://www.defence.gov.au/DCO/Defence-Helpline.asp</a> 1800 624 608</p>
<p><b>Dementia Australia</b>  </p> <p>Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.</p>	<p><a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a></p>
<p><b>Drs4Drs</b> </p> <p>Online resources, referral services, and phone and online counselling for doctors and medical students who are struggling with their mental health.</p>	<p><a href="https://www.dr4drs.com.au/">https://www.dr4drs.com.au/</a> 13003470377</p>

TELEPHONE & ONLINE COUNSELLING	
<p><b>Eating Disorders Victoria</b>  </p> <p>Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).</p>	<p><a href="http://www.eatingdisorders.org.au/online-services">http://www.eatingdisorders.org.au/online-services</a> 1300 550 236</p>
<p><b>eheadspace</b> </p> <p>Internet chat, email or phone support for young people (12-25 yrs) with a range of issues, and for their families and other adult supports (registration only mandatory for online chat).</p>	<p><a href="http://www.eheadspace.org.au/">http://www.eheadspace.org.au/</a> 1800 650 890</p>
<p><b>Family Relationship Advice Line</b></p> <p>National telephone information and referral service that helps families affected by relationship or separation issues.</p>	<p><a href="https://www.familyrelationships.gov.au/talk-someone/advice-line">https://www.familyrelationships.gov.au/talk-someone/advice-line</a></p>
<p><b>FriendLine</b> </p> <p>A national support line "ready for a cuppa and a conversation" with trained volunteers.</p>	<p><a href="http://www.friendline.org.au">http://www.friendline.org.au</a> 1800 424 287</p>
<p><b>Gambling Help Online</b> </p> <p>24hr phone, online and email counselling, SMS support, online self-help modules, peer support forums, and tips and information for anyone affected by gambling. Also includes links to state gambling services.</p>	<p><a href="http://www.gamblinghelponline.org.au/">http://www.gamblinghelponline.org.au/</a> 1800 858 858</p>
<p><b>Griefline</b> </p> <p>Phone counselling services, peer support forums and information for individuals and families who are experiencing loss and grief.</p>	<p><a href="https://griefline.org.au/">https://griefline.org.au/</a> 1300 845 307</p>
<p><b>Guiding Light</b>  </p> <p>Phone line (24/7), online chat and online information library for individuals and families grieving the death of a child.</p>	<p><a href="http://rednosegriefandloss.com.au/support">http://rednosegriefandloss.com.au/support</a> 1300 072 637</p>
<p><b>Help with Dementia</b> </p> <p>Online chat and videoconference counselling, online peer support and information about dementia.</p>	<p><a href="http://www.helpwithdementia.org.au/">http://www.helpwithdementia.org.au/</a></p>
<p><b>Kids Helpline</b> </p> <p>24hr phone and real time web-based crisis support for youth (5-25yrs).</p>	<p><a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a> 1800 55 1800</p>
<p><b>Lifeline</b> </p> <p>24hr phone and real time online crisis support.</p>	<p><a href="http://www.lifeline.org.au/crisis-chat/">http://www.lifeline.org.au/crisis-chat/</a> 13 11 14</p>











TELEPHONE & ONLINE COUNSELLING	
<p><b>Mensline Australia</b>  </p> <p>Telephone, online counselling, online peer support and information for men with concerns about mental health, anger management, family violence, addiction, relationships, stress and wellbeing.</p>	<p><a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78</p>
<p><b>Mental Health Carers Australia</b></p> <p>National information, support and referral phone line and online peer support forum specifically for mental health carers.</p>	<p><a href="http://www.mentalhealthcareaustralia.org.au">www.mentalhealthcareaustralia.org.au</a> 1300 554 660</p>
<p><b>National Alcohol and Other Drug Hotline</b> </p> <p>Connect to alcohol and drug Information service operating in your state/area.</p>	<p>1800 250 015</p>
<p><b>NewAccess</b> </p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p>	<p><a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>
<p><b>No To Violence</b> </p> <p>Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).</p>	<p><a href="https://www.ntv.org.au">https://www.ntv.org.au</a> 1300 766 491</p>
<p><b>OCD &amp; Anxiety Helpline</b> </p> <p>A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.</p>	<p><a href="http://www.arcvic.org.au/our-services/helpline">http://www.arcvic.org.au/our-services/helpline</a> 1300 269 438 / (03) 9830 0533</p>
<p><b>Open Arms</b>  </p> <p>24hr telephone crisis support and free mental health information for Australian veterans and their families.</p>	<p><a href="http://www.openarms.gov.au/">http://www.openarms.gov.au/</a> 1800 011 046</p>
<p><b>PANDA</b>  </p> <p>Provides resources and information for new and expecting parents affected by anxiety and depression, as well as their partners or carers.</p>	<p><a href="http://www.panda.org.au/">http://www.panda.org.au/</a> 1300 726 306</p>
<p><b>Parenting Through Cancer</b> </p> <p>Free expert advice, counselling and the chance to connect with other parents who are dealing with their own diagnosis or cancer in their family.</p>	<p><a href="https://parentingthroughcancer.org.au/">https://parentingthroughcancer.org.au/</a></p>







TELEPHONE & ONLINE COUNSELLING	
<p><b>Parents Beyond Breakup</b> </p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.</p>	<p><a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>
<p><b>Pregnancy, Birth and Baby</b> </p> <p>24hr phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year.</p>	<p><a href="http://www.pregnancybirthbaby.org.au/">http://www.pregnancybirthbaby.org.au/</a> 1800 882 436</p>
<p><b>Parent Line</b> </p> <p>Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories.</p>	<p><b>QLD &amp; NT:</b> <a href="http://www.parentline.com.au/">http://www.parentline.com.au/</a> 1300 30 1300  <b>NSW:</b> <a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a> 1300 1300 52  <b>VIC:</b> <a href="http://www.education.vic.gov.au/about/contract/Pages/parentline.aspx">http://www.education.vic.gov.au/about/contract/Pages/parentline.aspx</a> 13 22 89  <b>SA:</b> <a href="http://www.parenting.sa.gov.au">http://www.parenting.sa.gov.au</a> 1300 364 100  <b>WA:</b> (08) 6279 1200 or 1800 654 432  <b>ACT:</b> <a href="http://www.parentlineact.org.au">http://www.parentlineact.org.au</a> (02) 6287 3833  <b>TAS:</b> 1300 808 178</p>
<p><b>QLife</b>  </p> <p>Phone and online counselling and referrals for people of diverse sex, genders and sexualities.</p>	<p><a href="http://www qlife.org.au/">http://www qlife.org.au/</a> 1800 184 527</p>
<p><b>QuitLine</b> </p> <p>Telephone coaching for those wishing to quit smoking. Also includes a call-back service where users can book a time for Quit to call them (up to six call-backs offered).</p>	<p><a href="http://www.quit.org.au/">http://www.quit.org.au/</a> 13 7848</p>
<p><b>Rape and Domestic Violence Services Aus.</b>  </p> <p>Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault. Includes specific services for those affected by the Royal Commission, those affected by domestic violence, and anyone from the LGBTIQ+ community.</p>	<p><a href="http://www.rape-dvservices.org.au/">http://www.rape-dvservices.org.au/</a></p>
<p><b>Redkite</b>  </p> <p>Online or phone counselling and practical support for families dealing with a child with cancer.</p>	<p><a href="https://www.redkite.org.au/">https://www.redkite.org.au/</a> 1800 733 548</p>

TELEPHONE & ONLINE COUNSELLING	
<p><b>Samaritans Crisis Line</b> </p> <p>24hr anonymous, non-judgemental, non-religious emotional support and counselling over the phone.</p>	<p><a href="http://www.thesamaritans.org.au/">http://www.thesamaritans.org.au/</a> 13 52 47</p>
<p><b>Sands</b>  </p> <p>Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death.</p>	<p><a href="http://www.sands.org.au/">http://www.sands.org.au/</a> 1300 072 637</p>
<p><b>Standby Support After Suicide</b> </p> <p>Telephone support and downloadable books and toolkits to help people manage grief after suicide.</p>	<p><a href="https://standbysupport.com.au/">https://standbysupport.com.au/</a> 1300 727 247</p>
<p><b>Suicide Call Back Service</b> </p> <p>24hr phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.</p>	<p><a href="http://www.suicidecallbackservice.org.au/">http://www.suicidecallbackservice.org.au/</a> 1300 659 467</p>
<p><b>Wellways Helpline</b> </p> <p>Free and confidential emotional support and referral service. Also provide outreach support calls where suitable. Available Monday to Friday 9am to 9pm.</p>	<p><a href="https://www.wellways.org/our-services/helpline">https://www.wellways.org/our-services/helpline</a> 1300 111 400</p>
<p><b>Yarning SafeNStrong</b> </p> <p>A national 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Aboriginal Health Service (VAHS).</p>	<p><a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a> 1800 959 563</p>






<b>INFORMATION SITES*</b>	
<p><b>5 Ways to Wellbeing</b> </p> <p>Website outlining five simple and effective ways you can improve your mental health and wellbeing every day.</p>	<p><a href="https://5waystowellbeing.org.au/">https://5waystowellbeing.org.au/</a></p>
<p><b>ACON</b></p> <p>Website outlining five simple and effective ways you can improve your mental health and wellbeing every day.</p>	<p><a href="http://www.acon.org.au">www.acon.org.au</a></p>
<p><b>Act-Belong-Commit</b></p> <p>An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life.</p>	<p><a href="http://www.actbelongcommit.org.au/">http://www.actbelongcommit.org.au/</a></p>
<p><b>Aged Care Grief and Bereavement Service</b> </p> <p>Phone/online counselling and information for people living and working in aged care, and their families and supporters.</p>	<p><a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a> 1800 22 22 00</p>
<p><b>Alcohol and Drug Foundation</b></p> <p>Information, tools and ideas to reduce the harm of alcohol and other drugs.</p>	<p><a href="https://adf.org.au">https://adf.org.au</a></p>
<p><b>Another Closet</b></p> <p>Information for people in LGBTIQ relationships experiencing domestic and family violence.</p>	<p><a href="http://www.anothercloset.com.au/">http://www.anothercloset.com.au/</a></p>
<p><b>Australian Centre for Grief and Bereavement</b> </p> <p>Education and training for professionals and consumers on grief and loss.</p>	<p><a href="https://www.grief.org.au">https://www.grief.org.au</a></p>
<p><b>Autism Connect</b> </p> <p>National autism helpline, providing phone/webchat/email advice as well as online information for autistic people, their family and supporters.</p>	<p><a href="https://www.amaze.org.au/autismconnect/">https://www.amaze.org.au/autismconnect/</a> 1 300 308 699</p>
<p><b>Autism Launchpad</b></p> <p>A resource for young people with autism or Asperger's and their families, providing information and guidance as they take some big steps and start their adult lives.</p>	<p><a href="https://www.autismlaunchpad.org.au/">https://www.autismlaunchpad.org.au/</a></p>
<p><b>Better Health Channel</b></p> <p>Information to help people understand their health and medical conditions to improve the health and wellbeing of people and communities.</p>	<p><a href="https://www.betterhealth.vic.gov.au/">https://www.betterhealth.vic.gov.au/</a></p>
<p><b>Beyond Blue</b></p> <p>Get information on: anxiety, depression, suicide prevention, supporting someone, parenting, grief and loss, substance use, and staying well.</p>	<p><a href="http://www.beyondblue.org.au/">www.beyondblue.org.au/</a></p>










\*Some of these sites have specific courses that are already listed in this guide, however these sites are also included here as they provide helpful general mental health information




INFORMATION SITES*	
<p><b>Bipolar Australia</b></p> <p>Information, booklets and resources about Bipolar Disorder, including information for families and carers.</p>	<p><a href="http://www.bipolaraustralia.org.au/">www.bipolaraustralia.org.au/</a></p>
<p><b>Black Dog Institute</b> </p> <p>Get information on: anxiety, depression, bipolar disorder, suicide, PTSD, and wellness.</p>	<p><a href="http://www.blackdoginstitute.org.au/">www.blackdoginstitute.org.au/</a></p>
<p><b>Blue Pages</b></p> <p>Evidence-based information about depression, including symptoms, diagnosis, treatment and help-seeking.</p>	<p><a href="https://bluepages.anu.edu.au/">https://bluepages.anu.edu.au/</a></p>
<p><b>Body Talk</b></p> <p>Relevant and accurate information about bodies, relationships and health for young people, parents and carers. Includes tools for teachers.</p>	<p><a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a></p>
<p><b>Bullying. No Way!</b></p> <p>Get information on bullying education and prevention.</p>	<p><a href="https://bullyingnoway.gov.au/">https://bullyingnoway.gov.au/</a></p>
<p><b>The Butterfly Foundation</b>  </p> <p>Get information on eating disorders.</p>	<p><a href="http://www.thebutterflyfoundation.org.au/national-edhope-line/">http://www.thebutterflyfoundation.org.au/national-edhope-line/</a></p>
<p><b>CanTeen</b>  </p> <p>Phone, online and email counselling and information to help young people (12-25 yrs) cope with cancer.</p>	<p><a href="https://www.canteen.org.au/">https://www.canteen.org.au/</a></p>
<p><b>Carer Gateway</b> </p> <p>Get information on caring for someone and wellness.</p>	<p><a href="http://www.carergateway.gov.au/">www.carergateway.gov.au/</a></p>
<p><b>Centre for Clinical Interventions</b> </p> <p>Get information on anxiety, assertiveness, appearance concerns, bipolar, body dysmorphia, depression, disordered eating, health anxiety, panic, perfectionism, procrastination, self-compassion, self-esteem, sleep, social anxiety, tolerating distress, and worry and rumination.</p>	<p><a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a></p>
<p><b>Children of Parents with a Mental Illness</b> </p> <p>Information for parents with a mental illness, their family, friends and children, and training courses for professionals supporting families.</p>	<p><a href="https://www.copmi.net.au/">https://www.copmi.net.au/</a></p>
<p><b>Conversations Matter</b> </p> <p>Online tools and podcasts for professionals and community members to support the safe discussion of suicide.</p>	<p><a href="http://www.conversationsmatter.com.au/">http://www.conversationsmatter.com.au/</a></p>
<p><b>COPE</b> </p> <p>Information for expectant and new parents, with links on where to get support.</p>	<p><a href="https://www.cope.org.au/">https://www.cope.org.au/</a></p>






INFORMATION SITES*	
<p><b>Dementia Australia</b>  </p> <p>Information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.</p>	<p><a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a></p>
<p><b>Direct Advice for Dads</b></p> <p>Articles and tips by Dads for Dads.</p>	<p><a href="https://www.directadvicefordads.com.au">https://www.directadvicefordads.com.au</a></p>
<p><b>The Dreamers Hub</b></p> <p>An online peer support platform and information hub for young carers.</p>	<p><a href="https://www.dreamershub.com.au/">https://www.dreamershub.com.au/</a></p>
<p><b>Drs4Drs</b> </p> <p>Online resources, referral service, and phone and online counselling for doctors and medical students who are struggling with their mental health.</p>	<p><a href="https://www.dr4drs.com.au/">https://www.dr4drs.com.au/</a> 1300 374 377</p>
<p><b>Eating Disorders Carers Help Kit</b> </p> <p>Detailed information on supporting someone with an eating disorder.</p>	<p><a href="https://eatingdisorderscarerhelp-kit.com.au/">https://eatingdisorderscarerhelp-kit.com.au/</a></p>
<p><b>Eating Disorders Families Australia</b> </p> <p>An information website for families/carers of people with an eating disorder.</p>	<p><a href="https://www.edfa.org.au">https://www.edfa.org.au</a></p>
<p><b>Eating Disorders Queensland</b></p> <p>Free information, downloads, videos and other resources on eating disorders.</p>	<p><a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a></p>
<p><b>Eating Disorders Victoria</b>  </p> <p>Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).</p>	<p><a href="http://www.eatingdisorders.org.au/online-services">http://www.eatingdisorders.org.au/online-services</a></p>
<p><b>eSafety Commissioner</b></p> <p>Webinars, advice, and resources for keeping children and teens safe online.</p>	<p><a href="https://www.esafety.gov.au/parents">https://www.esafety.gov.au/parents</a></p>
<p><b>Family Relationship Advice Line</b></p> <p>National telephone information and referral service that helps families affected by relationship or separation issues.</p>	<p><a href="https://www.familyrelationships.gov.au/talk-someon/advice-line">https://www.familyrelationships.gov.au/talk-someon/advice-line</a></p>
<p><b>Fighting Fit</b></p> <p>Get information on: ADF mental health and rehabilitation, physical health problems, and other veteran services.</p>	<p><a href="https://www1.defence.gov.au/adf-members-families/health-well-being">https://www1.defence.gov.au/adf-members-families/health-well-being</a></p>



INFORMATION SITES*	
<p><b>Gambling Help Online</b> </p> <p>24hr phone, online and email counselling, SMS support, online self-help modules, peer support forums, and tips and information for anyone affected by gambling. Also includes links to individual state gambling services.</p>	<p><a href="https://www.gamblinghelponline.org.au/">https://www.gamblinghelponline.org.au/</a> 1800 858 858</p>
<p><b>Griefline</b> </p> <p>Phone counselling services, peer support forums and information for individuals and families who are experiencing loss and grief.</p>	<p><a href="http://www.griefline.org.au">http://www.griefline.org.au</a></p>
<p><b>Grief Link</b></p> <p>Information on coping with death-related grief.</p>	<p><a href="http://www.grieflink.asn.au">www.grieflink.asn.au</a></p>
<p><b>Guiding Light</b>  </p> <p>Phone line (24/7), online chat and online information library for individuals and families grieving the death of a child.</p>	<p><a href="http://www.rednosegriefandloss.com.au/">www.rednosegriefandloss.com.au/</a></p>
<p><b>Headspace</b></p> <p>Get information on health and wellbeing, substance use and addictive behaviours, depression, eating disorders, PTSD, anxiety, bipolar disorder, stress, and psychosis.</p>	<p><a href="http://www.headspace.org.au/">www.headspace.org.au/</a></p>
<p><b>Headspace Yarn Safe</b></p> <p>Information and support for Aboriginal and Torres Strait Islander mental health.</p>	<p><a href="http://www.headspace.org.au/yarn-safe/">www.headspace.org.au/yarn-safe/</a></p>
<p><b>Healthy Families</b></p> <p>Get information on parenting, relationships, stress/wellbeing and other mental health issues.</p>	<p><a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p>
<p><b>Hello Sunday Morning</b></p> <p>Website and blog which aims to support any individual to change their relationship with alcohol.</p>	<p><a href="https://hellosundaymorning.org/">https://hellosundaymorning.org/</a></p>
<p><b>Help With Dementia</b> </p> <p>Online chat and videoconference counselling, online peer support and information about dementia.</p>	<p><a href="https://www.helpwithdementia.org.au/">https://www.helpwithdementia.org.au/</a></p>
<p><b>Hi-Ground</b></p> <p>A website focused on harm reduction, containing blogs and stories, a comprehensive set of drug information, and later in 2021 a 24-hour chat service moderated by peer educators.</p>	<p><a href="https://hi-ground.org/resources/">https://hi-ground.org/resources/</a></p>
<p><b>HitNet Community Hub</b></p> <p>An online kiosk delivering culturally appropriate health and social information to Australia's hardest-to-reach communities.</p>	<p><a href="http://kiolk.hitnet.com.au/public/">http://kiolk.hitnet.com.au/public/</a></p>

INFORMATION SITES*	
<p><b>iCan Quit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p>	<p><a href="https://www.icanquit.com.au/">https://www.icanquit.com.au/</a></p>
<p><b>Inside Out Institute for Eating Disorders</b> </p> <p>Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers.</p>	<p><a href="http://www.insideoutinstitute.org.au/">http://www.insideoutinstitute.org.au/</a></p>
<p><b>iTalk Studios</b></p> <p>A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of traditional Aboriginal language.</p>	<p><a href="https://www.italkstudios.com.au/">https://www.italkstudios.com.au/</a></p>
<p><b>Kids Helpline</b> </p> <p>24hr phone and real time web-based crisis support for youth (5-25yrs), as well as a range of evidence-based information sheets and articles for issues relevant to youth.</p>	<p><a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a></p>
<p><b>Lifeline</b> </p> <p>Information and resources on a range of different life challenges.</p>	<p><a href="https://lifeline.org.au/get-help/informatioin-and-support/">https://lifeline.org.au/get-help/informatioin-and-support/</a></p>
<p><b>Living Well</b>   </p> <p>Information, resources and telephone support for men who have been sexually abused or assaulted, their partners, family members or friends. Also available as an app.</p>	<p><a href="https://livingwell.org.au/">https://livingwell.org.au/</a></p>
<p><b>MumSpace</b> </p> <p>Get information on parenting, anxiety, depression, and stress/wellbeing.</p>	<p><a href="http://www.mumspace.com.au/">www.mumspace.com.au/</a></p>
<p><b>My Digital Health</b> </p> <p>Information on stress/wellbeing, eating disorders, anxiety, bipolar disorder, substance use and addictive behaviours, physical health problems, depression, PTSD, and OCD.</p>	<p><a href="http://www.mydigitalhealth.org.au">www.mydigitalhealth.org.au</a></p>
<p><b>National Association of Loss and Grief</b></p> <p>Online information, resources, and mini digital scrapbook tool to support those bereaved.</p>	<p><a href="https://www.nalag.org.au">https://www.nalag.org.au</a></p>
<p><b>National Eating Disorders Collaboration</b> </p> <p>An Australian Government Department of Health initiative to build a safe, consistent and accessible system of care for people experiencing eating disorders.</p>	<p><a href="https://nedc.com.au/">https://nedc.com.au/</a></p>

INFORMATION SITES*	
<p><b>The Online Clinic</b></p> <p>A free mental health assessment tool developed by Black Dog Institute. Provides a personalised report and suggestions for free or low-cost services and resources.</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au">https://onlineclinic.blackdoginstitute.org.au</a></p>
<p><b>Our Watch</b></p> <p>Information, tools and resources for women and children experiencing or at risk of sexual assault, domestic and family violence.</p>	<p><a href="https://www.ourwatch.org.au/">https://www.ourwatch.org.au/</a></p>
<p><b>Parents of Gender-Diverse Children</b></p> <p>Peer support, information, resources and referrals for parents and carers of transgender and gender diverse children.</p>	<p><a href="https://www.pgdc.org.au/">https://www.pgdc.org.au/</a></p>
<p><b>Phoenix Australia Centre for Posttraumatic Mental Health</b> </p> <p>A not-for-profit organisation promoting recovery, improved wellbeing and quality of life for Australians affected by trauma.</p>	<p><a href="http://www.phoenixaustralia.org">http://www.phoenixaustralia.org</a></p>
<p><b>Pregnancy, Birth and Baby</b> </p> <p>24hr phone counselling for women, their parents, friends and relatives about pregnancy, childbirth and their baby's first year.</p>	<p><a href="https://www.pregnancybirthbaby.org.au/">https://www.pregnancybirthbaby.org.au/</a></p>
<p><b>Raising Children Network</b></p> <p>Up-to-date and evidence-based information about raising children and caring for yourself as a parent or carer.</p>	<p><a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a></p>
<p><b>ReachOut</b></p> <p>Information on stress/wellbeing, relationships, identity and gender, anxiety, bipolar disorder, depression, eating disorders, personality disorders, psychotic disorders, and trauma.</p>	<p><a href="http://www.au.reachout.com">www.au.reachout.com</a></p>
<p><b>ReachOut Parents</b></p> <p>Topical information, parenting skills and forums for parents of teenagers.</p>	<p><a href="http://parents.au.reachout.com/">http://parents.au.reachout.com/</a></p>
<p><b>Redkite</b>  </p> <p>Online or phone counselling and practical support for families dealing with a child with cancer.</p>	<p><a href="https://www.redkite.org.au/">https://www.redkite.org.au/</a> 1800 733 548</p>
<p><b>Relationships Australia</b></p> <p>Information, tips and advice on relationship issues.</p>	<p><a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a></p>
<p><b>R U OK?</b></p> <p>Information on suicide prevention for workplaces, schools and communities.</p>	<p><a href="http://www.ruok.org.au">www.ruok.org.au</a></p>

INFORMATION SITES*	
<p><b>Sane Australia</b> </p> <p>Straightforward and concise information on treatment and self-help, phone and online counselling, and moderated peer-to-peer support for people affected by complex mental health issues.</p>	<p><a href="https://www.sane.org/">https://www.sane.org/</a> 1800 187 263</p>
<p><b>Say It Out Loud</b> </p> <p>Information for LGBTQ+ individuals and communities about healthy relationships and how to find support services.</p>	<p><a href="https://sayitoutloud.org.au/abusive-relationships/?state=all">https://sayitoutloud.org.au/abusive-relationships/?state=all</a></p>
<p><b>Sleep Health Foundation</b></p> <p>Factsheets, resources, and tips regarding common sleep problems.</p>	<p><a href="https://www.sleephealthfoundation.org.au">https://www.sleephealthfoundation.org.au</a></p>
<p><b>Standby Support After Suicide</b> </p> <p>Telephone support and downloadable books and toolkits around postvention strategies after suicide.</p>	<p><a href="https://standbysupport.com.au/">https://standbysupport.com.au/</a> 1300 727 247</p>
<p><b>Stress Less Tips</b></p> <p>Evidence-based tips that can help support mental health and wellbeing by decreasing stress. Also includes specific tips for uni students and new parents. Run by WayAhead Mental Health Association NSW.</p>	<p><a href="http://www.stresslesstips.org.au/">http://www.stresslesstips.org.au/</a></p>
<p><b>Support After Suicide</b></p> <p>Practical information to help people understand grief and suicide and communicate safely about suicide.</p>	<p><a href="https://www.supportaftersuicide.org.au/">https://www.supportaftersuicide.org.au/</a></p>
<p><b>THIS WAY UP</b>  </p> <p>Visit the Learning Hub to access comprehensive information about the mental health issues that This Way Up offers courses for, such as depression, anxiety, OCD, chronic pain and perinatal mental health.</p>	<p><a href="http://www.thiswayup.org.au">www.thiswayup.org.au</a></p>
<p><b>Trauma and Grief Network</b></p> <p>A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.</p>	<p><a href="https://tgn/anu/edu.au/">https://tgn/anu/edu.au/</a></p>
<p><b>Touchbase</b></p> <p>A website providing information and resources on substance use, mental health and sexual health in the LGBTI community.</p>	<p><a href="https://touchbase.org.au">https://touchbase.org.au</a></p>
<p><b>Understanding Anxiety</b></p> <p>Information about anxiety in adults and children, and how to get help. Run by WayAhead Mental Health Association NSW.</p>	<p><a href="http://understandinganxiety.wayahead.org.au/">http://understandinganxiety.wayahead.org.au/</a></p>

<b>INFORMATION SITES*</b>	
<p><b>WayAhead - Mental Health Association NSW</b> Trustworthy mental health information, including fact sheets in a range of different languages.</p>	<p><a href="https://wayahead.com.au/">https://wayahead.com.au/</a></p>
<p><b>WellMob</b> Website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.</p>	<p><a href="http://wellmob.org.au">http://wellmob.org.au</a></p>
<p><b>You Are Not Alone</b> Information and tools to support carers throughout the stages of supporting someone who has attempted suicide, or who is at risk.</p>	<p><a href="http://www.sane.org.au/you-are-not-alone">http://www.sane.org.au/you-are-not-alone</a></p>
<p><b>Young Carers Network</b> Information, support and links to support for young people under 25 years of age.</p>	<p><a href="https://youngcarersnetwork.com.au">https://youngcarersnetwork.com.au</a></p>
<p><b>Your Health in Mind</b> Comprehensive information on mental illness, treatments and medication from the Royal Australian and New Zealand College of Psychiatrists.</p>	<p><a href="http://www.yourhealthinmind.org/">http://www.yourhealthinmind.org/</a></p>
<p><b>Your Room</b> Information about alcohol and other drugs.</p>	<p><a href="https://yourroom.health.nsw.gov.au">https://yourroom.health.nsw.gov.au</a></p>

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

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This Digital Mental Health Resources Guide provides an overview of various Australian online services and programs. It has been developed as part of the eMHPprac e-Mental Health in Practice Project undertaken by:

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**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.

