

eMHprac

E-MENTAL HEALTH IN PRACTICE

Digital Mental Health

A Directory for Health Practitioners



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Digital mental health services and resources are digital technologies and platforms providing mental health support and intervention, including websites, programs, apps, and communication-based technologies. Digital mental health services and resources offer accessible, affordable, and discreet care, overcoming traditional barriers to help-seeking. They have the potential to enhance standard care by optimising health practitioners' time and filling service gaps.

Service and resource types

Psychological Intervention	A structured, interactive program or service that addresses a specific mental health issue.
Symptom Management and Wellbeing Tools	Play an active role in prevention or intervention but are not designed to serve as a complete intervention.
Counselling	Supports people to work through a problem or crisis and provides information on where to get further help.
Peer Support	Facilitates connection to a trained peer worker or a community of peers.
Screening and Referral	Conducts screening and/or provides referrals to digital and/or face-to-face mental health services.
Information	Provides information and advice on mental health topics.

Using resources with Aboriginal and Torres Strait Islander People

While there is a lot of diversity among Aboriginal and Torres Strait Islander People and their perspectives on wellbeing, many digital resources are based on the social emotional wellbeing framework (SEWB). This framework takes a holistic view of health and recognises the impact of connection to Country, culture, spirituality, family, and community on the wellbeing of Australia's First Nations People.

What is included in this directory

All services and resources listed in this directory are:

- Developed in Australia
- Free to use or provided at cost (i.e. non-commercial)
- Informed by established evidence-based therapeutic approaches or have undergone sufficient evaluation
- Government-funded, or developed by reputable organisations and experts in the mental health field

eMHPrac Online Directory



Explore our online service directory to help find exactly what you need.

Digital Mental Health in Practice A Practical Guide for Health Practitioners



Learn more about how to use digital mental health in your work.

Not all digital mental health services and resources available are based on evidence; eMHPac exclusively lists services and resources that are evidence-based or evidence-informed.

What does the research say?

Digital psychological intervention programs have the strongest evidence for effectiveness in reducing mental health symptoms.

- In clinical trials, there is strong evidence that digital mental health interventions outperform inactive controls¹ and treatment as usual² in symptom reduction. Digital mental health intervention programs generally have good acceptability and users report high levels of satisfaction³.
- Digital mental health intervention programs with added therapist support perform as well as face-to-face treatment in clinical trials for some conditions^{3, 4, 5}. There is strong evidence that therapist-guided digital mental health interventions are both cost effective and clinically effective in routine care⁶.
- Research shows that fully self-guided programs are also effective in symptom reduction^{7, 8}, and are most suited for people with sub-threshold anxiety and depression or mild symptoms².
- Digital interventions are also effective for people with moderate to severe symptoms^{2, 9} or more complex mental health conditions, though therapist-support or blended care is recommended for these groups^{10, 11}.
- The evidence for digital mental health interventions is most established for anxiety and depression^{2, 3, 12}. There is also growing evidence for a range of other mental health conditions including substance use^{1, 13}, PTSD¹⁴, and suicidality^{15, 16}.

The evidence regarding symptom management and wellbeing tools, which may include apps or programs designed to enhance wellbeing, is varied. Some apps have been shown to have small positive effects for reducing symptoms of anxiety, stress and depression and improving wellbeing when used regularly^{17, 18}. Before recommending a tool, we advise that practitioners check that its content and function are consistent with evidence-based practice.

What is the evidence for digital resources for Aboriginal and Torres Strait Islander People?

Stay Strong apps^{19, 20} and MindSpot programs²¹ significantly improved psychological distress, anxiety and depressive symptoms in Australian First Nations participants. Other evidence-based resources have been evaluated for cultural barriers to engagement in this population, such as Beyond Now²².



Check out our [research evidence fact sheet](#) to find out more about the research evidence for each resource type.



Explore the citations above to learn more.

In addition to the eMHPrac online resource directory, these online search portals can help health practitioners find reputable digital mental health services and resources for patients and clients, and guidance on how they can be used in practice.

Mental Health

Medicare Mental Health

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

A national digital mental health website from the Australian Government helping all Australians access mental health and wellbeing resources. Medicare Mental Health aims to make timely mental health advice, assessment and treatment more accessible, supporting people seeking mental health support for themselves, or someone else.

Mental Health Check In

Medicare Mental Health Check In

<https://www.medicarementalhealthcheckin.gov.au/>
1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.



WellMob

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

WellMob brings together over 500 online social, emotional and cultural wellbeing (SEWB) resources for Aboriginal and Torres Strait Islander People. The website summarises and links to other websites, apps, podcasts, videos, helplines, social media and online programs that practitioners can use in and out of session with their First Nations clients. There are also training resources and workforce development content in understanding SEWB models of care, trauma informed practice and other best practice ideas.



National Safety and Quality Digital Mental Health Standards

<https://www.safetyandquality.gov.au/standards/national-safety-and-quality-digital-mental-health-standards>

The National Safety and Quality Digital Mental Health (NSQHS) Standards, released in November 2020, include 59 actions to describe the level of care and safeguards that a digital mental health service should provide. Their website includes a list of all Australian digital mental health services that have been accredited to the NSQDMH Standards.

Finding the right service

Start with topic or audience: Choose a mental health topic (e.g. anxiety) or audience (e.g. LGBTQIA+ people). For mixed needs (e.g. anxiety services for adolescents), check both sections or use our online directory, which enables you to apply multiple filters to your search.

Refine using icons and tags: Use the visual indicators to guide your search.

Service Name *Program/Course Name*

RESOURCE TYPE

 url  phone number (operating hours)  App Store  Google Play

Description of service offerings.

      

 Service Accredited by the National Safety and Quality Digital Mental Health Standards.

 One-to-one guidance available from a clinician or trained facilitator.

 Offers translation into one or more languages other than English.

 Offers accessibility features for people with disability and/or neurodivergent people.

 While the majority of services listed are free, where there is a cost it is listed here.

 Any age restrictions where specified by the service (if not mentioned in-text).

 Crisis services offer immediate support to help people stay safe and manage thoughts of deliberate self-harm, suicidal thoughts, thoughts of harming others or unsafe situations such as domestic and family violence. If anyone is in immediate danger, please direct someone to call '000'.

Matching services to your practice and client or patient needs

Building your resource toolkit: Consider your practice context first. If you work with specific populations, have long waitlists, or need reliable discharge recommendations, familiarise yourself with relevant services that address these ongoing needs.

Finding resources for specific clients or patients: Match resources to individual client needs, for example online peer support for an isolated client or patient who wants to connect with others going through similar experiences.

Best practice: Test services before recommending to check safety, suitability, and expected benefits. Provide a clear rationale to your client or patient and work collaboratively so resources align with your clients' or patients' preferences and goals.



Searching for something specific?

Use our online directory's search filters to help find exactly what you need.

Digital Mental Health for Crisis Support

Service and resource types

Psychological Intervention	A structured, interactive program or service for a specific mental health issue.
Symptom Management and Wellbeing Tools	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
Counselling	Supports people to work through a problem or crisis.
Peer Support	Facilitates connection to a peer worker or a community of peers.
Screening and Referral	Conducts screening and/or provides referrals to relevant mental health services.
Information	Provides information and advice on mental health topics.

✓ Service Accredited by the National Safety and Quality Digital Mental Health Standards.

+ One-to-one guidance available from a clinician or trained facilitator.

🗣 Offers translation into one or more languages other than English.

♿ Offers accessibility features for people with disability and/or neurodivergent people.

COST Services are free in most cases. Costs appear only when relevant.

AGES Any age restrictions where specified by the service (if not mentioned in-text).



Searching for something specific?

Use our online directory's search filters to help find exactly what you need.

Crisis

13YARN



<https://www.13yarn.org.au> ☎ 13 92 76 (24/7)

Indigenous-led crisis line for Australia's First Nations People, providing safe and confidential telephone support.

1800RESPECT



<https://www.1800respect.org.au/> ☎ 1800 737 732 (24/7)

Domestic, family, and sexual violence phone, video, SMS and webchat counselling service.

Brother to Brother Crisis Line

<https://www.dardimunwurro.com.au/brother-to-brother/> ☎ 1800 435 799 (24/7)

Crisis phone support line for Aboriginal men struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.

Defence Member and Family Helpline

☎ 1800 624 608 (24/7)

Phone support for defence members and their families, providing assessment, assistance, advice or referral to relevant services.

Drs4Drs

<https://www.drs4drs.com.au/> ☎ 1300 374 377 (24/7)

Confidential phone counselling (up to 3 sessions) for any doctor, medical student or their partner struggling with their mental health. Links to state-based Doctors' Health Services.

Full Stop Australia

<https://fullstop.org.au/> ☎ 1800 385 578 (24/7)

☎ 1800 497 212 (24/7, for LGBTIQ+ community)

Phone and webchat sexual, domestic and family violence counselling for survivors and their support people. Specialist phoneline for anyone from the LGBTIQ+ community.

Kids Helpline

5-25yrs



<https://kidshelpline.com.au/> ☎ 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

Lifeline



<https://www.lifeline.org.au/> ☎ 13 11 14 (24/7)

Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

Suicide Call Back Service



<https://www.suicidecallbackservice.org.au/> ☎ 1300 659 467 (24/7)

Counselling for people who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).

Digital Mental Health by Topic

Service and resource types

Psychological Intervention	A structured, interactive program or service for a specific mental health issue.
Symptom Management and Wellbeing Tools	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
Counselling	Supports people to work through a problem or crisis.
Peer Support	Facilitates connection to a peer worker or a community of peers.
Screening and Referral	Conducts screening and/or provides referrals to relevant mental health services.
Information	Provides information and advice on mental health topics.



Service Accredited by the National Safety and Quality Digital Mental Health Standards.



One-to-one guidance available from a clinician or trained facilitator.



Offers translation into one or more languages other than English.



Offers accessibility features for people with disability and/or neurodivergent people.

COST

Services are free in most cases. Costs appear only when relevant.

AGES

Any age restrictions where specified by the service (if not mentioned in-text).

CRISIS

Crisis services offer immediate support to help people stay safe and manage urgent mental health or situational distress.



Searching for something specific?

Use our online directory's search filters to help find exactly what you need.

Quick Reference - Anxiety Resources

Psychological Intervention: Centre for Clinical Interventions, Cool Little Kids Online, e-couch, headspace, Medicare Mental Health Check In, Mental Health Online, MindSpot, Momentum, moodgym, MoRE, MOST, The BRAVE Program, THIS WAY UP, Triple P Online

Symptom Management and Wellbeing Tool: Centre for Clinical Interventions, e-couch, headspace, Mello, Mental Health Online, Minding Your Mind, MoodMission, MOST, myCompass, Qwibbl, THIS WAY UP

Counselling: Beyond Blue, headspace, Kids Helpline, MOST, OCD and Anxiety Helpline

Peer Support: Beyond Blue, headspace, MOST, My Circle, ReachOut

Information: Beyond Blue, headspace, Kids Helpline, Medicare Mental Health Check In, MindSpot, ReachOut

Screening and Referral: e-couch, MindSpot, Momentum, The Online Clinic, THIS WAY UP

Anxiety

Beyond Blue



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.beyondblue.org.au/> ☎ 1300 22 4636 (24/7)

Information on the signs and types of anxiety disorders, self-assessment tool (K10), tips for self-management, treatments for anxiety and how to access professional support. Phone and webchat counselling, and peer support forum on anxiety.

Centre for Clinical Interventions

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.cci.health.wa.gov.au/>

Digital CBT workbooks and materials for clinicians to support their clients or patients with anxiety, health anxiety, panic, perfectionism, sleep, social anxiety, and worry and rumination.

Cool Little Kids Online

3-6yrs

\$180

PSYCHOLOGICAL INTERVENTION

<https://www.coollittlekids.org.au/login>

Self-guided, online CBT program for parents or caregivers of shy or anxious children.

e-couch *Anxiety and Worry Program, Social Anxiety Program*

16yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://www.ecouch.com.au/>

CBT and IPT self-directed programs for symptoms of generalised anxiety and social anxiety, with screening tools (GAS, SOPHS).

Anxiety

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/> 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

NEW

Medicare Mental Health Check In



PSYCHOLOGICAL INTERVENTION

INFORMATION

<https://www.medicarementalhealthcheckin.gov.au/> 1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

Mello

16-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mello.org.au> App Store Google Play

CBT-, DBT- and ACT-based app to help young people break free of repetitive negative thoughts such as worry or rumination.

Mental Health Online *Panic Stop! Program, Social Anxiety Online Program, Depression-Anxiety Program, Anxiety and Worry Online Program*

18yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mentalhealthonline.org.au/>

Self-guided or therapist-guided 12-week CBT intervention programs for adults with various concerns, including generalised anxiety, social anxiety, panic disorder with or without agoraphobia, and mixed anxiety/depression.

NEW

Minding Your Mind

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://mindingyourmind.com.au/> App Store Google Play

App to help young people track their wellbeing, identify patterns, set goals and learn strategies to manage their mental health. Supports personalised care and shared decision making.

MindSpot



18-25yrs

Mood Mechanic Course,

26-66yrs

Wellbeing Course,

60yrs+

Wellbeing Plus Course

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening, information and online CBT treatment programs with optional therapist-guided-support for adults with various mental health concerns, including anxiety, stress, worry, low mood, and sleep issues.

Anxiety

Momentum

7-17yrs

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.momentumhub.org.au>

Screening tools and tailored, self-guided CBT intervention programs for young people to manage feelings of anxiety and depression, sleep problems and help-seeking.

moodgym

16yrs+



PSYCHOLOGICAL INTERVENTION

<https://www.moodgym.com.au/>

Interactive, self-guided CBT online program for the prevention and management of symptoms of anxiety and depression.

MoodMission

\$7.99

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://moodmission.com/> App Store

CBT-based app for people (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.

MoRE

18yrs+

PSYCHOLOGICAL INTERVENTION

<https://moreprogram.com.au/desktop-home> App Store Google Play

Self-guided online program and app with CBT and mindfulness skills for adults experiencing depression and anxiety.

MOST

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

<https://most.org.au/> App Store Google Play

App-based digital support service, including self-directed modules and peer and professional webchat support, to help young people with depression, anxiety, sleep problems, social skills and body image concerns.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Not a crisis service.

myCompass

18yrs+



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mycompass.org.au/>

Self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress to better manage their wellbeing.

Anxiety

OCD and Anxiety Helpline

COUNSELLING

<https://arccvic.org.au/our-services/helpline/> 1300 269 438 (Mon-Fri 10am-7pm)
03 9830 0533 (Mon-Fri 10am-7pm)

Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people.

NEW Qwibbl

12-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://kidshelpline.com.au/qwibbl>  App Store  Google Play

App for young people to better understand the things bothering them ('qwibbbls') and find personalised tools, tips and strategies to help improve their mental health and wellbeing.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

The BRAVE Program

3-17yrs

PSYCHOLOGICAL INTERVENTION

<https://brave4you.psy.uq.edu.au/>

Self-guided CBT intervention programs to help children and teenagers better cope with their worries, with optional parent or caregiver components.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including depression (PHQ-9), anxiety (GAD-7), compulsions (OCI-R), health anxiety (WI-6).

THIS WAY UP

\$59 or free with referral



12-17yrs *Teen Worry and Sadness Program*

18yrs+ *Generalised Anxiety Program, Social Anxiety Program, Health Anxiety Program, Panic Program, Anxiety and Depression Program, Pregnancy Anxiety and Depression Program, Postnatal Anxiety and Depression Program, Worry and Rumination Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including generalised anxiety, health anxiety, social anxiety, panic and mixed anxiety/depression and program for young adults for worry and rumination (requires clinician referral letter).

Anxiety

Triple P Online *Fear-Less Triple P*

PSYCHOLOGICAL INTERVENTION

 <https://www.triplep-parenting.net.au/au/triple-p/>

Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents of children (6yrs+) with anxiety.

Bipolar Disorder

Centre for Clinical Interventions

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://cci.health.wa.gov.au/>

Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including bipolar and depression.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/> ☎ 1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including bipolar disorder (MDQ).

Chronic Health Conditions

Cancer Council



COUNSELLING **PEER SUPPORT** **INFORMATION**

<https://www.cancer.org.au/> 13 11 20 (Mon-Fri 9am-5pm)

Web portal and helpline connecting Australians affected by cancer to information, advice, telephone peer support, an online community, and state-based cancer counselling services where available.

CanTeen Connect



COUNSELLING **PEER SUPPORT**

<https://canteenconnect.org/> App Store Google Play

App linking young people to an online community impacted by cancer, with optional webchat counselling.

CarerWell

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://carerwell.com.au/> App Store

Online wellbeing program or app for adult friends and family members of an adult person with brain cancer.

Dementia Australia



COUNSELLING **PEER SUPPORT** **INFORMATION**

<https://www.dementia.org.au/> 1800 100 500 (24/7)

Information and support for people with dementia or mild cognitive impairment and their support people. Includes access to phone or video counselling and post-diagnostic programs, and one-on-one peer support.

Finding My Way

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Self-directed online program providing wellbeing skills for adults undergoing treatment for cancer.

MindSpot



18yrs+ *Chronic Conditions Course*

PSYCHOLOGICAL INTERVENTION **INFORMATION** **SCREENING AND REFERRAL**

<https://www.mindspot.org.au/>

Screening, information and online CBT treatment programs with optional therapist-guided-support for adults with various mental health concerns, including sleep issues, chronic pain, and chronic conditions.

MyHeLP

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://myhelpprogram.com/sign-in> App Store Google Play

Self-guided online program or app that teaches skills to make positive changes to exercise, eating, smoking, drinking, mood management, and sleep quality.

Chronic Health Conditions

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing, including information on living with a chronic illness.

THIS WAY UP



18yrs+ *Chronic Pain Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including chronic pain.

Quick Reference - Depression Resources

Psychological Intervention: Centre for Clinical Interventions, e-couch, headspace, Medicare Mental Health Check In, Mental Health Online, MindSpot, Momentum, moodgym, MoRE, MOST, SHADE, The DEAL Project, THIS WAY UP

Symptom Management and Wellbeing Tool: Centre for Clinical Interventions, Clearly Me, e-couch, headspace, Mello, Mental Health Online, Minding Your Mind, MoodMission, Moody Tunes, MOST, myCompass, MyHeLP, Qwibbl, THIS WAY UP

Counselling: Beyond Blue, headspace, Kids Helpline, MOST

Peer Support: Beyond Blue, headspace, MOST, My Circle, ReachOut

Information: Beyond Blue, headspace, Kids Helpline, Medicare Mental Health Check In, MindSpot, ReachOut

Screening and Referral: e-couch, MindSpot, Momentum, The DEAL Project, The Online Clinic, THIS WAY UP

Depression

Beyond Blue



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.beyondblue.org.au/> ☎ 1300 22 4636 (24/7)

Information on the signs and types of depressive disorders, self-assessment tool (K10), tips for self-management, treatments and how to access professional support. Phone and webchat counselling, and peer support forum on depression.

Centre for Clinical Interventions

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.cci.health.wa.gov.au/>

Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including depression, distress intolerance, self-compassion and self-esteem.

Clearly Me

12-17yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.blackdoginstitute.org.au/clearlyme/> 🍏 App Store 📺 Google Play

Self-guided app for young people providing CBT skills, coping strategies and mood tracking to support low mood, negative thoughts, low motivation and difficulties relaxing.

e-couch *Depression Program*

16yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://www.ecouch.com.au/>

CBT and IPT self-directed programs for symptoms of depression, anxiety, and for wellbeing support through separation/divorce or bereavement/loss, with screening tools (GDS).

Depression

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 📞 1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/> 📞 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

NEW

Medicare Mental Health Check In



PSYCHOLOGICAL INTERVENTION

INFORMATION

<https://www.medicarementalhealthcheckin.gov.au/> 📞 1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

Mello

16-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://mello.org.au/> 🍏 App Store 🌐 Google Play

CBT-, DBT- and ACT-based app to help young people break free of repetitive negative thoughts such as worry or rumination.

Mental Health Online

18yrs+



Depression Online Program, Depression-Anxiety Program

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mentalhealthonline.org.au/>

Self-guided or therapist-guided 12-week CBT intervention programs for adults with various mental health concerns, including depression and mixed anxiety/depression.

NEW

Minding Your Mind

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://mindingyourmind.com.au/> 🍏 App Store 🌐 Google Play

App to help young people track their wellbeing, identify patterns, set goals and learn strategies to manage their mental health. Supports personalised care and shared decision making.

MindSpot

18-25yrs Mood Mechanic Course, 26-66yrs Wellbeing Course, 60yrs+ Wellbeing Plus Course



PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening (with feedback), information and online CBT treatment programs with optional therapist-guided-support for adults with various mental health concerns, including stress, worry, depression, and sleep issues.

Depression

Momentum

7-17yrs

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.momentumhub.org.au>

Screening tools and tailored, self-guided CBT intervention programs for young people to manage feelings of anxiety and depression, sleep problems and help-seeking.

moodgym

16yrs+



PSYCHOLOGICAL INTERVENTION

<https://www.moodgym.com.au/>

Interactive, self-guided CBT online program for the prevention and management of symptoms of anxiety and depression.

MoodMission

\$7.99

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://moodmission.com/> App Store

CBT-based app for people (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.

Moody Tunes

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.moodytunes.com.au/> App Store Google Play

Wellbeing app to help young people recognise the impact of songs on their mood, by linking to users' Spotify playlists.

MoRE

18yrs+

PSYCHOLOGICAL INTERVENTION

<https://moreprogram.com.au/desktop-home> App Store Google Play

Self-guided online program and app with CBT and mindfulness skills for adults experiencing depression and anxiety.

MOST

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

<https://most.org.au/> App Store Google Play

App-based digital support service, including self-directed modules and peer and professional webchat support, to help young people with depression, anxiety, sleep problems, social skills and body image concerns.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Not a crisis service.

Depression

myCompass

18yrs+



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mycompass.org.au/>

Self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress to better manage their wellbeing.

MyHeLP

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://myhelpprogram.com/sign-in>
 App Store
 Google Play

Self-guided online program or app that teaches skills to make positive changes to mood management, exercise, eating, smoking, drinking, and sleep quality.

NEW Qwibbl

12-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://kidshelpline.com.au/qwibbl>
 App Store
 Google Play

App for young people to better understand the things bothering them ('qwibbls') and find personalised tools, tips and strategies to help improve their mental health and wellbeing.

ReachOut

16-25yrs



PEER SUPPORT INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

SHADE

18yrs+

PSYCHOLOGICAL INTERVENTION

<https://shadeprogram.com/>

Self-guided online program to help adults experiencing symptoms of depression and who are drinking alcohol or using other drugs.

The DEAL Project

17yrs+

PSYCHOLOGICAL INTERVENTION SCREENING AND REFERRAL

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

Self-guided online program to help young people experiencing symptoms of depression and/or drinking alcohol. Screening tools for alcohol use (AUDIT) and depression (DASS-21, depression subscale) with brief feedback and recommendations for support.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including depression (PHQ-9) and anxiety (GAD-7).

Depression

THIS WAY UP

\$59 or free with referral



12-17yrs *Teen Worry and Sadness Program*

18yrs+ *Depression Program, Anxiety and Depression Program, Pregnancy Anxiety and Depression Program, Postnatal Anxiety and Depression Program, Worry and Rumination Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including depression and mixed anxiety/depression, and young adults with worry and rumination (requires clinician referral letter).

Disordered eating can cause serious medical complications at any body weight. Seeing a GP alongside use of online programs and resources can help ensure any health risks are identified and safely managed.

Eating Disorders and Body Image

Butterfly Foundation



PSYCHOLOGICAL INTERVENTION

COUNSELLING

PEER SUPPORT

INFORMATION

SCREENING AND REFERRAL

<https://butterfly.org.au/> 1800 33 4673 (8am-12am)

Information, online screening tool (IOI-S; 14yrs+), webchat and phone counselling, video peer support groups (18yrs+) and online recovery programs (16yrs+/18yrs+) for individuals worried about eating disorders and body image issues and their support people.

Centre for Clinical Interventions

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.cci.health.wa.gov.au/>

Digital CBT workbooks and materials for clinicians to support their clients or patients with appearance concerns, body dysmorphia, disordered eating, perfectionism, and self-esteem.

Eating Disorders Families Australia



COUNSELLING

PEER SUPPORT

INFORMATION

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

Information program for parents and caregivers on recognising early signs of disordered eating in young people, virtual peer support groups for adult support people, and one-on-one video counselling for young (10-17yrs) and adult (18yrs+) support people of people with an eating disorder.

Feed Your Instinct

INFORMATION

SCREENING AND REFERRAL

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

Parent-report interactive checklist providing practical guidance for parents and caregivers of children and young people experiencing eating and/or body image problems to support connection to professional help.

Inside Out eClinic

16yrs+



BEeT Program, Brief BEeT Program, Skilled Program, SupportED Program

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://eclinic.insideoutinstitute.org.au/>

Free, self-guided or own-clinician-supported digital therapeutic platform offering screening (IOI-S) and CBT-based treatment programs for people with eating disorder symptoms and their support people. Accompanying toolbox of self-monitoring tools. Health professional hub for clinicians to refer clients and monitor progress.

Inside Out Institute for Eating Disorders

16yrs+

SCREENING AND REFERRAL

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

Online screening tools (IOI Screener, EDE-Q), with brief feedback, links to information, and referral to face-to-face services for eating disorders.

Eating Disorders and Body Image

LearnED

INFORMATION

 <https://learn.eatingdisorders.org.au/>

Online, self-directed psychoeducation programs for people in recovery from an eating disorder, their support people and their health practitioners.

MOST

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

 <https://most.org.au/>  App Store  Google Play

App-based digital support service, including self-directed modules and peer and professional webchat support, to help young people with depression, anxiety, sleep problems, social skills and body image concerns.

Reach Out and Recover (ROAR)

INFORMATION

SCREENING AND REFERRAL

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

Information website with screening measure (ROAR), downloadable summary report and tips to build insight and promote help-seeking in adults with eating or body image concerns, regardless of their stage of recovery.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

 <https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including eating concerns (SCOFF), depression (PHQ-9), and anxiety (GAD-7).

The Shared Table

PSYCHOLOGICAL INTERVENTION

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

Online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.

Grief and Loss

e-couch *Loss and Bereavement Program*

16yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://www.ecouch.com.au/>

CBT and IPT self-directed programs for wellbeing support through bereavement/loss or separation/divorce as well as symptoms of depression or anxiety.

Griefline

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://griefline.org.au/> ☎ 1300 845 745 (9am-8pm)

Phone support for adults experiencing grief and loss. Also offers information, peer support forums, and video bereavement and voluntary assisted dying peer support groups.

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> ☎ 1800 650 890 (9am-1am)

Information on grief and loss or supporting a young person through grief. Also offers tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers.

MensLine



COUNSELLING

<https://mensline.org.au/> ☎ 1300 78 99 78 (24/7)

Telephone, video and webchat counselling service offering support to men in Australia for a range of issues, including grief and loss.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing, including information on grief and loss or supporting a young person through grief.

Red Nose Grief and Loss



COUNSELLING

PEER SUPPORT

<https://rednose.org.au/grief-and-loss-support/overview/> ☎ 1300 308 307 (24/7)

Webchat and telephone support for parents/caregivers and families after the death of a baby or child. Access to online peer support.

Obsessive Compulsive Disorder (OCD)

Mental Health Online *OCD Stop! Program*

18yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mentalhealthonline.org.au/>

Self-guided or therapist-guided 12-week CBT intervention programs for adults with various mental health concerns, including OCD.

MindSpot



18yrs+ *OCD Course*

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening (with feedback), information and online CBT treatment programs with optional therapist-guided-support for adults with various mental health concerns, including OCD.

OCD and Anxiety Helpline

COUNSELLING

<https://arcvic.org.au/our-services/helpline/> ☎ 1300 269 438 (Mon-Fri 10am-7pm)

☎ 03 9830 0533 (Mon-Fri 10am-7pm)

Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people.

OCD? Not Me!

12-18yrs

PSYCHOLOGICAL INTERVENTION

<https://www.ocdnotme.com.au/>

Eight-week, self-guided exposure response prevention program for young people with OCD. Weekly tips for parents and caregivers.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/> ☎ 1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including compulsions (OCI-R), depression (PHQ-9), and anxiety (GAD-7).

THIS WAY UP

\$59 or free with referral



18yrs+ *OCD Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including OCD.

Looking for resources to support parent mental health? See page 81.

Looking for resources to support new and expecting parent mental health? See page 78.

Quick Reference - Parenting Strategies Resources

Psychological Intervention: Butterfly Foundation, Cool Little Kids Online, Family Man, headspace, ParentWorks, Partners in Parenting, The BRAVE Program, Triple P Online

Symptom Management and Wellbeing Tool: Family Connect, headspace

Counselling: Butterfly Foundation, headspace

Peer Support: Butterfly Foundation, headspace, ReachOut

Information: Butterfly Foundation, Emerging Minds Families, headspace, Parenting Strategies, Positive Choices, Raising Children Network, Raising Healthy Minds, ReachOut

Screening and Referral: Butterfly Foundation

Parenting Strategies

Butterfly Foundation



PSYCHOLOGICAL INTERVENTION

COUNSELLING

PEER SUPPORT

INFORMATION

SCREENING AND REFERRAL

<https://butterfly.org.au/> 1800 33 4673 (8am-12am)

Information, webchat and phone counselling, and virtual peer support groups for individuals worried about eating disorders and body image issues and their support people (18yrs+). Free resources for families to support positive body image at home.

Cool Little Kids Online

3-6yrs

\$180

PSYCHOLOGICAL INTERVENTION

<https://coollittlekids.org.au/login>

Self-guided, online CBT program for parents or caregivers of shy or anxious children.

Emerging Minds Families

INFORMATION

<https://emergingminds.com.au/families/>

Information on child mental health for parents and caregivers of infants to teens.

Family Connect

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.familyconnect.org.au/>

Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.

Family Man

PSYCHOLOGICAL INTERVENTION

<https://familyman.movember.com/en-us/>

Self-guided, online parenting program to teach dads simple and effective strategies to help their child's behaviour.

Parenting Strategies

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Weekly text-based group chats for parents and caregivers available as well as one-on-one counselling with a family clinician. Also offers information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers. Access to 'Partners in Parenting' online program.

Parenting Strategies

INFORMATION

<https://www.parentingstrategies.net/>

Practical information guidelines for parents and caregivers to support their child or teen's emotional resilience and wellbeing through depression, anxiety, school refusal, and alcohol misuse issues.

ParentWorks

PSYCHOLOGICAL INTERVENTION

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

5 to 8 module, self-directed online program arming parents and caregivers of children and teenagers (2-17yrs) with skills to respond to their child's behaviour.

NEW **Partners in Parenting** *PiP Program, PiP Kids Program, PiP-Ed Program*

PSYCHOLOGICAL INTERVENTION

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

Practical courses providing parents and caregivers strategies to support their child or teen's mental health and wellbeing.

Positive Choices



INFORMATION

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

Portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.

Raising Children Network



INFORMATION

<https://raisingchildren.net.au/>

Information and guidance for parents and caregivers to help families grow and thrive.

Raising Healthy Minds

INFORMATION

<https://raisingchildren.net.au/guides/raising-healthy-minds-child-mental-health> App Store

Google Play

App for parents offering practical tips, information and guidance to support the social and emotional wellbeing of children (0-12yrs).

Parenting Strategies

ReachOut

16–25yrs



PEER SUPPORT

INFORMATION

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

Information and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people seeking support to improve wellbeing. ReachOut Parents provides tips, information and free telephone and online professional coaching for parents and carers of teens aged 12–18.

The BRAVE Program

3–17yrs

PSYCHOLOGICAL INTERVENTION

<https://brave4you.psy.uq.edu.au/>

Self-guided CBT intervention programs to help children and teenagers better cope with their worries, including parent/caregiver components, which help provide strategies for dealing with anxious child and teen behaviour.

Triple P Online *Triple P for Babies, Triple P for under 12s, Triple P for teens, Fear-Less Triple P, Family Transitions Triple P, Children and Screens*

PSYCHOLOGICAL INTERVENTION

<https://www.triplep-parenting.net.au/au/triple-p/>

Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents of children with anxiety (6yrs+), families navigating divorce, and for parents managing screen time in children (<12yrs).

Quick Reference - PTSD and Trauma Resources

Psychological Intervention: Mental health Online, MindSpot, National Emergency Worker Support Service, THIS WAY UP

Symptom Management and Wellbeing Tool: become, Birdie's Tree (Children's Health QLD), Mental Health Online, Minds Together, Open Arms Self-Help Tool, Peak Fortem, THIS WAY UP

Counselling: 1800RESPECT, Blue Knot Foundation, Full Stop Australia, Open Arms Self-Help Tool, SANE, Witness to War

Peer Support: Parents Beyond Breakup Helpline, SANE

Information: 1800RESPECT, Beyond Silence, Bravehearts, MindSpot, Phoenix Australia, SANE, Sortli

Screening and Referral: MindSpot, National Emergency Worker Support Service, The Online Clinic, THIS WAY UP

PTSD and Trauma

1800RESPECT



CRISIS

COUNSELLING

INFORMATION

<https://www.1800respect.org.au/> 1800 737 732 (24/7)

A domestic, family, and sexual violence phone, video, SMS and webchat counselling service.

become

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://become.cracksintheice.org.au/>

Self-guided online program to support the wellbeing of adults who have experienced trauma and use alcohol or other substances.

Beyond Silence

INFORMATION

<https://www.beyondsilence.org.au/>

Online information modules for women who are worried about sex and consent in their relationships to promote help-seeking and recovery.

Birdie's Tree (Children's Health QLD)

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery>

Online storybooks and interactive games to help young children (0-6yrs and older) and their families grow through natural disasters and disruptive events.

Blue Knot Foundation



COUNSELLING

<https://blueknot.org.au/> 1300 657 380 (9am-5pm)

Information and phone counselling for adults affected by complex trauma.

PTSD and Trauma

Bravehearts

INFORMATION

<https://bravehearts.org.au/>  1800 272 831 (Mon-Fri 8:30am-4:30pm)

Information and phoneline for anyone seeking advice or help related to child sexual abuse. Not a crisis service.

Full Stop Australia

COUNSELLING

<https://fullstop.org.au/>  1800 385 578 (24/7)

 1800 497 212 (24/7, for LGBTIQ+ community)

Phone and webchat sexual, domestic and family violence counselling for survivors and their support people. Specialist phoneline for anyone from the LGBTIQ+ community.

Mental Health Online *PTSD Online Program*

18yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mentalhealthonline.org.au/>

Self-guided or therapist-guided 12-week CBT intervention programs for adults with various mental health concerns, including PTSD.

Minds Together

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Wellbeing programs for adult family and friends of adults experiencing suicidal distress or following a suicide attempt (ACT or NSW only) and adult family and friends of paramedics who are experiencing mental health concerns (nationwide). Not a crisis service.

MindSpot



18yrs+ *PTSD Course*

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening (with feedback), information and online CBT treatment programs with optional therapist-guided-support for adults with various mental health concerns, including PTSD.

National Emergency Worker Support Service

18yrs+

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/>

Screening for depression (PHQ-9), anxiety (GAD-7) and PTSD (PTSD-8), and up to 12 telehealth sessions with a trauma-informed clinical psychologist for emergency service workers to manage the impact of trauma experienced at work.

Open Arms Self-Help Tool

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

<https://www.openarms.gov.au/get-support/self-help-tools>

Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.

PTSD and Trauma

Parents Beyond Breakup Helpline

PEER SUPPORT

<https://parentsbeyondbreakup.com/>  1300 853 437 (9am-4pm)

A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups or a volunteer peer worker.

Peak Fortem

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://peakfortem.fortemaustralia.org.au/>

Practical CBT and emotion regulation toolkit to promote mental fitness and wellbeing for Australian first responders and their families.

NEW Phoenix Australia



INFORMATION

<https://www.phoenixaustralia.org/your-recovery/>

Information to understand, prevent, and recover from trauma, and to support those affected.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/>  1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people.

Sortli

15yrs+

INFORMATION

<https://create.org.au/sortli/>  App Store  Google Play

App providing information to assist young people to transition from care to independence in adulthood. Available in Queensland, Victoria and South Australia.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including traumatic experiences (PCL-5 short form), depression (PHQ-9), and anxiety (GAD-7).

THIS WAY UP



18yrs+ *Post Traumatic Stress Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including post-traumatic stress.

PTSD and Trauma

Witness to War



COUNSELLING

 <https://www.fasstt.org.au/witness-to-war/>  1800 845 198 (Mon-Fri 10am-7pm)

Multilingual telephone counselling line for people in Australia affected by overseas conflict.

Quick Reference - Relationships and Interpersonal Issues Resources

Psychological Intervention: Centre for Clinical Interventions, e-couch, headspace

Symptom Management and Wellbeing Tool: Better Man, Centre for Clinical Interventions, e-couch, Family and Friends Support Program, Family Connect, headspace, Qwibbl, The Allen Adventure

Counselling: 1800RESPECT, Changing for Good, Don't Become That Man, Full Stop Australia, headspace, Kids Helpline, Men's Referral Service, MensLine

Peer Support: headspace, My Circle, Parents Beyond Breakup Helpline, QLife, ReachOut

Information: 1800RESPECT, Beyond Silence, headspace, Kids Helpline, ReachOut, Say It Out Loud

Screening and Referral: Daisy, e-couch

Relationships and Interpersonal Issues

1800RESPECT



CRISIS

COUNSELLING

INFORMATION

<https://www.1800respect.org.au/> 1800 737 732 (24/7)

Domestic, family, and sexual violence phone, video, SMS and webchat counselling service.

Better Man

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.betterman.org.au/>

Brief, early intervention supporting men to reflect on their behaviour in relationships and make positive changes.

Beyond Silence

INFORMATION

<https://www.beyondbsilence.org.au/>

Online information modules for women who are worried about sex and consent in their relationships to promote help-seeking and recovery.

Centre for Clinical Interventions

12yrs+

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.cci.health.wa.gov.au/>

Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, as well as assertiveness, self-esteem and tolerating distress.

Changing for Good

COUNSELLING

<https://mensline.org.au/family-violence/changing-for-good/>

Multi-session telephone counselling programs for men who want to develop healthy and respectful relationships with the people in their lives.

Relationships and Interpersonal Issues

Daisy



SCREENING AND REFERRAL

<https://www.1800respect.org.au/daisy> App Store Google Play

App connecting people experiencing domestic, sexual or family violence to service providers. Should only be downloaded if it is safe to do so.

Don't Become That Man

COUNSELLING

<https://www.dontbecomethatman.org.au/> 1300 24 34 13 (Mon-Fri 2pm-7pm)

Early intervention phone counselling for men who use controlling behaviour and worry that it might escalate to violence.

e-couch *Divorce and Separation Program*

16yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://www.ecouch.com.au/>

CBT and IPT self-directed programs for wellbeing support through separation/divorce or bereavement/loss as well as for symptoms of depression and anxiety.

Family and Friend Support Program *Domestic and Family Violence Program*

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Self-guided online wellbeing program or app for adults experiencing domestic and family violence or supporting someone who is.

Family Connect

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.familyconnect.org.au/>

Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.

Full Stop Australia

CRISIS

COUNSELLING

<https://fullstop.org.au/> 1800 385 578 (24/7)

1800 497 212 (24/7, for LGBTIQ+ community)

Phone and webchat sexual, domestic and family violence counselling for survivors and their support people. Specialist phoneline for anyone from the LGBTIQ+ community.

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Information on romantic relationships, families and friendships. Also offers tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers.

Relationships and Interpersonal Issues

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/> 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

Men's Referral Service

COUNSELLING

<https://ntv.org.au/mrs/> 1300 766 491 (24/7)

Counselling, information and referral phonenumber supporting men who use violence and abuse to change their behaviour.

MensLine



COUNSELLING

<https://mensline.org.au/> 1300 78 99 78 (24/7)

Telephone, video and webchat counselling service offering support to men in Australia.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Includes specific Circle spaces: 'Bullying & Harassment', 'Family Relationships', 'Friendships' and 'Dating & Sex'.

Parents Beyond Breakup Helpline

PEER SUPPORT

<https://parentsbeyondbreakup.com/> 1300 853 437 (9am-4pm)

A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups or a volunteer peer worker.

QLife



PEER SUPPORT

<https://qlife.org.au/> 1800 184 527 (3pm-9pm)

Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community to talk about sexuality, gender, bodies, feelings or relationships.

NEW **Qwibbl**

12-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://kidshelpline.com.au/qwibbl> App Store Google Play

App for young people to better understand the things bothering them ('qwibbls') and find personalised tools, tips and strategies to help improve their mental health and wellbeing.

Relationships and Interpersonal Issues

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

Say It Out Loud

INFORMATION

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

Toolkit for the LGBTIQ+ community on sexual, family and intimate partner violence and how to support each other.

The Allen Adventure

Up to 8yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://alt-qed.qed.qld.gov.au/about-us/departments/the-allen-adventure>

App Store Google Play

App teaching emotional literacy and social skills to foster respectful relationships in children.

Severe and Complex Mental Health

MyHeLP

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://myhelpprogram.com/sign-in>  App Store  Google Play

Self-guided online program or app that teaches skills to recognize how lifestyle behaviours impact health and wellbeing, such as exercise, eating, smoking, drinking, mood management, and sleep quality.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/>  1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people.

Sortli

15yrs+

INFORMATION

<https://create.org.au/sortli/>  App Store  Google Play

App providing information to assist young people to transition from care to independence in adulthood. Available in Queensland, Victoria and South Australia.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), psychosis (PSQ), and traumatic experiences (PCL-5 short form).

You Are Not Alone

18yrs+

INFORMATION

<https://www.sane.org/you-are-not-alone>

Information for adults supporting someone who has suicidal thoughts or who has attempted suicide. Not a crisis service.

Sleep

NEW Medicare Mental Health Check In

PSYCHOLOGICAL INTERVENTION

INFORMATION

<https://www.medicarementalhealthcheckin.gov.au/> 1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

MindSpot18yrs+ *Sleep Course*

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening (with feedback), information and online CBT treatment programs with optional therapist-guided support for adults with various mental health concerns, including sleep issues.

Momentum

7-17yrs

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.momentumhub.org.au>

Screening tools and tailored, self-guided CBT intervention programs for young people to manage feelings of anxiety and depression, addressing commonly associated difficulties such as sleep problems.

MOST

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

<https://most.org.au/> App Store Google Play

App-based digital support service, including self-directed modules and peer and professional webchat support, to help young people with depression, anxiety, sleep problems, social skills and body image concerns.

myCompass

18yrs+



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mycompass.org.au/>

Self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress to better manage their wellbeing. Includes modules on mindful breathing and sleep.

MyHeLP

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://myhelpprogram.com/sign-in> App Store Google Play

Self-guided online program or app that teaches skills to make positive changes to sleep quality, exercise, eating, smoking, drinking, and mood management.

NEW Sleep Health Foundation

INFORMATION

<https://www.sleephealthfoundation.org.au/>

Information to help people understand sleep, improve sleep habits, and recognise common sleep disorders.

Sleep

Sleep Ninja

12-16yrs



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.blackdoginstitute.org.au/sleep-ninja/> App Store Google Play

App to help young people improve their sleep quality.

Smiling Mind



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.smilingmind.com.au/> App Store Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation and building better sleep habits, to help people of all ages and stages thrive.

THIS WAY UP

\$59 or free with referral



18yrs+ *Insomnia Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including insomnia.

Quick Reference - Stress and Wellbeing Resources

Psychological Intervention: Centre for Clinical Interventions, headspace, Medicare Mental Health Check In, MindSpot, moodgym, THIS WAY UP

Symptom Management and Wellbeing Tool: Baby Steps, Birdie's Tree (Children's Health QLD), Centre for Clinical Interventions, Clearly Me, Family Connect, headspace, Mello, Minding Your Mind, MoodMission, Moody Tunes, myCompass, MyHeLP, PACE, Qwibbl, Smiling Mind, THIS WAY UP

Counselling: headspace, MensLine

Peer Support: FriendLine, headspace, QLife, ReachOut

Information: headspace, Medicare Mental Health Check In, MindSpot, ReachOut, Stress Less Tips

Screening and Referral: MindSpot, THIS WAY UP

Stress and Wellbeing

Baby Steps



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.babysteps.org.au/>

Self-guided online program to enhance the wellbeing of new parents adjusting to life with a baby.

Birdie's Tree (Children's Health QLD)

0-6yrs (and older)

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery>

Online storybooks and interactive games to help young children (0-6yrs and older) and their families grow through natural disasters and disruptive events.

Centre for Clinical Interventions

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.cci.health.wa.gov.au/>

Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues and wellbeing topics such as sleep, assertiveness, perfectionism, self-compassion and self-esteem.

Clearly Me

12-17yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.blackdoginstitute.org.au/clearlyme/> App Store Google Play

Self-guided app for young people providing CBT skills, coping strategies and mood tracking to support low mood, negative thoughts, low motivation and difficulties relaxing.

Family Connect

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.familyconnect.org.au/>

Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.

Stress and Wellbeing

FriendLine

18yrs+

PEER SUPPORT

<https://www.friendline.org.au/>

Phoneline and webchat service for Australian adults who want to reconnect by chatting with trained volunteers.

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> ☎ 1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

NEW

Medicare Mental Health Check In



PSYCHOLOGICAL INTERVENTION

INFORMATION

<https://www.medicarementalhealthcheckin.gov.au/> ☎ 1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

Mello

16-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mello.org.au/> 🍏 App Store 📺 Google Play

CBT-, DBT- and ACT-based app to help young people break free of repetitive negative thoughts such as worry or rumination.

MensLine



COUNSELLING

<https://mensline.org.au/> ☎ 1300 78 99 78 (24/7)

Telephone, video and webchat counselling service offering support to men in Australia.

NEW

Minding Your Mind

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://mindingyourmind.com.au/> 🍏 App Store 📺 Google Play

App to help young people track their wellbeing, identify patterns, set goals and learn strategies to manage their mental health. Supports personalised care and shared decision making.

MindSpot



18-25yrs Mood Mechanic Course, 26-66yrs Wellbeing Course, 60yrs+ Wellbeing Plus Course

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening, information and online CBT treatment programs with optional therapist-guided-support for adults with various mental health concerns, including anxiety, stress, worry, low mood, and sleep issues.

Stress and Wellbeing

moodgym

16yrs+



PSYCHOLOGICAL INTERVENTION

<https://www.moodgym.com.au/>

Interactive, self-guided CBT online program for the prevention and management of symptoms of anxiety and depression.

MoodMission

\$7.99

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://moodmission.com/>
 App Store

CBT-based app for people (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.

Moody Tunes

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.moodytunes.com.au/>
 App Store
 Google Play

Wellbeing app to help young people recognise the impact of songs on their mood, by linking to users' Spotify playlists.

myCompass

18yrs+



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mycompass.org.au/>

Self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress to better manage their wellbeing.

MyHeLP

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://myhelpprogram.com/sign-in>
 App Store
 Google Play

Self-guided online program or app that teaches skills to make positive changes to exercise, eating, smoking, drinking, mood management, and sleep quality.

NEW PACE

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.beyondblue.org.au/pace-daily-wellbeing>
 App Store
 Google Play

App for anyone feeling stressed, wanting to stay well, or supporting someone else. Teaches users to set daily reminders for strengths-based habits that build wellbeing.

QLife



PEER SUPPORT

<https://qlife.org.au/>
 1800 184 527 (3pm-9pm)

Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community.

Stress and Wellbeing

NEW Qwibbl

12-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://kidshelpline.com.au/qwibbl>  App Store  Google Play

App for young people to better understand the things bothering them ('qwibbbs') and find personalised tools, tips and strategies to help improve their mental health and wellbeing.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

Smiling Mind



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.smilingmind.com.au/>  App Store  Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive.

Stress Less Tips

INFORMATION

<https://www.stresslesstips.org.au/>

Tips to help support mental health and wellbeing by decreasing stress.

THIS WAY UP

\$59 or free with referral



12-17yrs *Teen Worry and Sadness Program*

18yrs+ *Mindfulness-Enhanced CBT Program, Stress Management Program, Mindfulness Program, Student Wellbeing Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including specific programs for stress, students and learning mindfulness.

Anyone who has been drinking alcohol heavily or using medications or drugs on a regular basis should first see their GP if they plan to quit. Stopping or cutting down suddenly can be dangerous. A GP can advise on safe ways to cut down alongside using digital resources.

Quick Reference - Substance Use and Addictive Behaviours Resources

Psychological Intervention: Counselling Online, Crystal Clear, Gambling Help Online, headspace, Hello Change, iCan Quit, My QuitBuddy, Quit, SHADE, The DEAL Project

Symptom Management and Wellbeing Tool: ADF Text the Effects, ASSIST Plus, ASSIST Portal, become, Counselling Online, Daybreak, eClipSE, Family and Friend Support Program, Gambling Help Online, headspace, Hello Sunday Morning, MyHeLP, Quit, S-Check, Weathering Well

Counselling: Counselling Online, Gambling Help Online, headspace, National Alcohol and Other Drug Helpline, Quit

Peer Support: Breathing Space, Counselling Online, Daybreak, Gambling Help Online, headspace, Hi-Ground, iCan Quit, My Circle, My QuitBuddy, ReachOut

Information: Alcohol and Drug Foundation, ASSIST Plus, ASSIST Portal, Between the Lines, Counselling Online, Cracks in the Ice, headspace, Hello Sunday Morning, National Alcohol and Other Drug Helpline, Positive Choices, Quit, ReachOut

Screening and Referral: ADF Path2Help, ASSIST Plus, ASSIST Portal, Between the Lines, Counselling Online, eClipSE, Gambling Help Online, Hello Sunday Morning, National Alcohol and Other Drug Hotline, The DEAL Project, The Online Clinic

Substance Use and Addictive Behaviours

Alcohol and Drug Foundation



INFORMATION

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

Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.

ADF Path2Help



SCREENING AND REFERRAL

<https://adf.org.au/help-support/path2help/>

Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.

ADF Text the Effects

13yrs+ (with adult permission)

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://adf.org.au/resources/text-the-effects/> ☎ 0439 835 563

Anonymous SMS service providing confidential information about the effects of drugs and tips to reduce harm.

Substance Use and Addictive Behaviours

ASSIST Plus

16yrs+



SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

SCREENING AND REFERRAL

<https://assistplus.com.au/> App Store Google Play

Website linking users to the ASSIST screening tool (18yrs+) to detect risky substance use. Also available via the ASSIST Checkup app. Features information and resources on cutting down use.

ASSIST Portal



SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

SCREENING AND REFERRAL

<https://assistportal.com.au/> App Store Google Play

Website assisting health practitioners to administer the ASSIST screening tools to detect risky substance use in adults (18yrs+) and youth (ASSIST Youth: 10-14yrs; 15-17yrs), with app versions also available (ASSIST Checkup, ASSIST Checkup Lite). Also features drug information and coping strategies.

become

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://become.cracksintheice.org.au/>

Self-guided online program to support the wellbeing of adults who have experienced trauma and use alcohol or other substances.

Between the Lines

INFORMATION

SCREENING AND REFERRAL

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

Information, tips and resources, and screening tool (modified eASSIST Lite) for alcohol and other drug use for people in the LGBTIQ+ community.

Breathing Space

16yrs+

PEER SUPPORT

<https://breathingspace.community/> App Store Google Play

Secure app or web forum providing access to an online community of peers to improve wellbeing and resilience while supporting someone with drug or alcohol use.

Counselling Online



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

SCREENING AND REFERRAL

<https://www.counsellingonline.org.au/>

Webchat counselling, online modules, self-management tools, screening tools (AUDIT, DUDIT, K10), and a community support forum (18yrs+) for alcohol and substance use.

NEW

Cracks in the Ice



INFORMATION

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

Information, self-help strategies and resources about crystal meth ('ice') for individuals, support people, and communities.

Substance Use and Addictive Behaviours

Crystal Clear



PSYCHOLOGICAL INTERVENTION

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

Brief motivational interviewing program to help people who use stimulants reflect on their current use.

Daybreak

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

PEER SUPPORT

<https://hellosundaymorning.org/daybreak-app/> App Store Google Play

App providing community support and self-monitoring tools to help people change their relationship with alcohol.

eClipSE

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Portal to online screening tools (including AUDIT, CUDIT, SDS for methamphetamine, benzodiazepine, and heroin use), craving-management tools and self-guided courses for people with co-occurring mental health and substance use problems.

Family and Friend Support Program

18yrs+

Ice Program, Alcohol and Other Drugs Program

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Self-guided online wellbeing programs or apps for adults supporting someone who is using alcohol and/or other drugs, crystal methamphetamine, and/or living in a rural/remote location.

Gambling Help Online



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

SCREENING AND REFERRAL

<https://www.gamblinghelponline.org.au/> 1800 858 858 (24/7)

Webchat and phone counselling, screening tools (PGSI, K10), online modules and tools, automated SMS support program, and a community peer support forum for anyone affected by gambling.

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

NEW Hello Change

18yrs+

PSYCHOLOGICAL INTERVENTION

<https://hellochange.today/>

Self-guided CBT-based program to help adults better understand their drinking patterns and learn strategies to improve their relationship with alcohol.

Substance Use and Addictive Behaviours

Hello Sunday Morning

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

SCREENING AND REFERRAL

<https://hellosundaymorning.org/>

Clinically validated screening tools for alcohol use and distress, and tips and strategies to help people cut back and reduce harm related to their use of alcohol.

Hi-Ground

18yrs+

PEER SUPPORT

<https://hi-ground.org/>

Online community to educate, reduce harm and support people who use drugs.

iCan Quit



PSYCHOLOGICAL INTERVENTION

PEER SUPPORT

<https://www.icanquit.com.au/>

Website to support people to quit smoking, with planning tools to set goals, get started and track progress, as well as online community support.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Includes specific Circle space: 'Substance use & other addictions'. Not a crisis service.

My QuitBuddy

PSYCHOLOGICAL INTERVENTION

PEER SUPPORT

<https://www.health.gov.au/resources/apps-and-tools/my-quit-buddy-app> App Store
 Google Play

App to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.

MyHeLP

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://myhelpprogram.com/sign-in> App Store Google Play

Self-guided online program or app that teaches skills to make positive changes to smoking, drinking, exercise, eating, mood management, and sleep quality.

National Alcohol and Other Drug Hotline

COUNSELLING

INFORMATION

SCREENING AND REFERRAL

1800 250 015 (24/7)

Confidential phone-based information, counselling and referral support for people with alcohol or other drug concerns.

Substance Use and Addictive Behaviours

Positive Choices



INFORMATION

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

A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.

Quit

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

INFORMATION

<https://www.quit.org.au/> ☎ 13 7848

Phone counselling (Quitline), online toolbox and resources, and personalised 12-week email program (QuitMail) for people at any stage of trying to quit smoking or vaping.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing, including peer chats and information on addiction, alcohol and other drugs.

S-Check

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://scheckapp.org.au/> 🍏 App Store 🎮 Google Play

Self-directed app to help people understand the impact of methamphetamine on different aspects of their health and wellbeing. Available through a research trial.

SHADE

18yrs+

PSYCHOLOGICAL INTERVENTION

<https://shadeprogram.com/>

Self-guided online program to help adults experiencing symptoms of depression and who are drinking alcohol or using other drugs.

The DEAL Project

17yrs+

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

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

Self-guided online program to help young people experiencing symptoms of depression and/or drinking alcohol. Screening tools for alcohol use (AUDIT) and depression (DASS-21, depression subscale) with brief feedback and recommendations for support.

The Online Clinic

18yrs+

SCREENING AND REFERRAL

<https://onlineclinic.blackdoginstitute.org.au/>

Screening and referral for adults with symptoms of a range of mental health concerns, including depression (PHQ-9), anxiety (GAD-7), and alcohol use (AUDIT).

Substance Use and Addictive Behaviours

Weathering Well



SYMPTOM MANAGEMENT AND WELLBEING TOOL

 <https://staystrong.org.au/weathering-well>  App Store  Google Play

Clinician facilitated app to guide a strengths-based conversation addressing mental wellbeing and alcohol and drug use for people in farming communities.

Suicide Prevention

Beyond Blue



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.beyondblue.org.au/> 📞 1300 22 4636 (24/7)

Information on suicidal thoughts and potential causes, tips for management, stories of hope, and information on how to access professional support. Phone and webchat counselling, and peer support forum on suicidal thoughts and self-harm. Not a crisis service.

Beyond Now

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.lifeline.org.au/get-help/beyond-now/> 📱 App Store 📱 Google Play

App and web-based safety planning template to cope with suicidal thoughts. Should be used as part of a wider program of support.

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/> 📞 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

Lifeline

CRISIS



COUNSELLING

INFORMATION

<https://www.lifeline.org.au/> 📞 13 11 14 (24/7)

Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

MensLine



COUNSELLING

<https://mensline.org.au/> 📞 1300 78 99 78 (24/7)

Telephone, video and webchat counselling service offering support to men in Australia for a range of issues, including suicidal thoughts.

Minds Together

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Wellbeing programs for adult family and friends of adults experiencing suicidal distress or following a suicide attempt (ACT or NSW only) and adult family and friends of paramedics who are experiencing mental health concerns (nationwide). Not a crisis service.

Peer CARE Companion Warmline



PEER SUPPORT

<https://rosesintheocean.com.au/peer-care-companion-warmline/> 📞 1800 77 7337

Call-back peer support service for adults with lived experience of suicide to connect and cope with emotional distress. Not a crisis or counselling line.

Suicide Prevention

Suicide Call Back Service

CRISIS



COUNSELLING

<https://www.suicidecallbackservice.org.au/> 1300 659 467 (24/7)

Counselling for people who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).

You Are Not Alone

18yrs+

INFORMATION

<https://www.sane.org/you-are-not-alone>

Information for adults supporting someone who has suicidal thoughts or who has attempted suicide. Not a crisis service.

Digital Mental Health by Audience

Service and resource types

Psychological Intervention	A structured, interactive program or service for a specific mental health issue.
Symptom Management and Wellbeing Tools	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
Counselling	Supports people to work through a problem or crisis.
Peer Support	Facilitates connection to a peer worker or a community of peers.
Screening and Referral	Conducts screening and/or provides referrals to relevant mental health services.
Information	Provides information and advice on mental health topics.



Service Accredited by the National Safety and Quality Digital Mental Health Standards.



One-to-one guidance available from a clinician or trained facilitator.



Offers translation into one or more languages other than English.



Offers accessibility features for people with disability and/or neurodivergent people.



Services are free in most cases. Costs appear only when relevant.



Any age restrictions where specified by the service (if not mentioned in-text).



Crisis services offer immediate support to help people stay safe and manage urgent mental health or situational distress.



Searching for something specific?

Use our online directory's search filters to help find exactly what you need.



Visit WellMob to find more digital resources for Aboriginal and Torres Strait Islander People

Using Resources with Aboriginal and Torres Strait Islander People

Many of the digital resources created for Aboriginal and Torres Strait Islander People are based on the social emotional wellbeing framework (SEWB). When using digital resources with First Nations People, practitioners should endeavour to have an understanding of this framework which takes a holistic view of health and recognises the impact of connection to Country, culture, spirituality, family, and community on wellbeing. The perspectives of the patient or client on mental health and wellbeing should also be considered when selecting appropriate resources as these will vary between individuals.

The resources listed here have been developed specifically for or by Australia’s First Nations People or have been evaluated with this population. To find other appropriate resources for your clients or patients, please visit WellMob.



Find more information on the SEWB framework



Visit **WellMob** to find more digital resources for Aboriginal and Torres Strait Islander People

Aboriginal and Torres Strait Islander People

13YARN

CRISIS

<https://www.13yarn.org.au/> 13 92 76 (24/7)

Indigenous-led crisis line for Australia’s First Nations People, providing safe and confidential telephone support.

1800RESPECT

CRISIS

<https://www.1800respect.org.au/> 1800 737 732 (24/7)

Non-Indigenous specific domestic, family, and sexual violence phone, video, SMS and webchat counselling organisation.

Aimhi-Y

12-25yrs

<https://www.staystrong.org.au/aimhi-y-app> App Store Google Play

App developed on the lands of the Larrakia and Arrernte People for young Aboriginal and Torres Strait Islander People at risk of distress and suicide.

Alcohol and Drug Foundation



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

Information for Aboriginal and Torres Strait Islander People on the effects of alcohol and different drugs, support options, and information for those worried about someone else.

Aboriginal and Torres Strait Islander People

Beyond Blue

<https://www.beyondblue.org.au/>  1300 22 4636 (24/7)

Information for First Nations People on mental wellbeing along with non-Indigenous-led phone and webchat counselling, and peer support forums for people going through a tough time.

Beyond Now

<https://www.lifeline.org.au/get-help/beyond-now/>  App Store  Google Play

App and web-based safety planning template to cope with suicidal thoughts. Should be used as part of a wider program of support.

Blue Knot Foundation

<https://blueknot.org.au/>  1300 657 380 (9am-5pm)

Information (non-Indigenous-specific) and phone counselling for adults affected by complex trauma.

Brother to Brother Crisis Line

<https://www.dardimunwurro.com.au/brother-to-brother/>  1800 435 799 (24/7)

Crisis phone support line for Aboriginal men struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.

Bunyarabugalma Youth

 App Store  Google Play

SEWB app developed with and by young Indigenous People on Bundjalung Country (Murwillumbah and Tweed) to strengthen wellbeing.

Butterfly Foundation

<https://butterfly.org.au>  1800 33 4673 (8am-12am)

Non-Indigenous specific information, online screening (IOI-5), webchat and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.

Carer Gateway

<https://www.carergateway.gov.au/>  1800 244 737 (Mon-Fri 8am-5pm)

Information, phone counselling (18yrs+), and online peer support groups (18yrs+) as well as module-based online wellbeing skills course for unpaid carers, with First Nations specific information and resources.

NEW Cracks in the Ice

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

Information, self-help strategies and resources about crystal meth ('ice') for individuals, support people, and communities.

Daisy

<https://www.1800respect.org.au/daisy>  App Store  Google Play

App connecting people experiencing domestic, sexual or family violence to service providers, including healing places. Should only be downloaded if it is safe to do so.

Aboriginal and Torres Strait Islander People

Deadly Story

<https://deadlystory.com/>

Website helping Aboriginal and Torres Strait Islander youth connect with their identity and culture. It links to events and services, many of which are in Victoria.

Dreamy

<https://www.commonground.org.au/dreamy>

Sleep stories from First Nations storytellers to help with sleep difficulties.

Gambling Help Online

<https://www.gamblinghelponline.org.au/> ☎ 1800 858 858 (24/7)

Non-Indigenous-specific counselling, modules, tools, and peer support forum for anyone affected by gambling. Links to Aboriginal and Torres Strait Islander gambling support in each state.

Headspace Yarn Safe

12-25yrs

<https://headspace.org.au/yarn-safe/>

Resources for young Aboriginal and Torres Strait Islander People on mental wellbeing, stress and pressure, relationships and alcohol and drugs.

Healing Foundation

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

Information to support healing for Stolen Generations survivors, families and communities.

MensLine



<https://mensline.org.au/> ☎ 1300 78 99 78 (24/7)

Non-Indigenous specific telephone, video and webchat counselling organisation offering support to men in Australia.

MindSpot



18yrs+ Indigenous Wellbeing Course, 26-66yrs Wellbeing Course (26-66yrs)

<https://www.mindspot.org.au/>

Indigenous Wellbeing online program with optional therapist-guided-support for adults with low mood and anxiety. Non-Indigenous specific online programs, screening and information for adults with various concerns.

My QuitBuddy

<https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app> 🍏 App Store

🌐 Google Play

Non-Indigenous specific app to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.

Positive Choices



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

Portal connecting parents, caregivers and school communities to resources and information on youth alcohol and other drug use. Aboriginal and Torres Strait Islander portal designed in consultation with Aboriginal and Torres Strait Islander communities.

Aboriginal and Torres Strait Islander People

Quit

<https://quit.org.au/>  13 7848

Phone coaching to help people quit smoking or vaping with optional 'call back' from an Aboriginal and Torres Strait Islander counsellor. Website with non-Indigenous specific online toolbox and resources and 12-week email program.

Raising Children Network

16-25yrs



<https://raisingchildren.net.au/>

Guidance for Aboriginal and Torres Strait Islander parents and caregivers to help families grow and thrive together.

ReachOut

12-16yrs



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

Information, online chats with trained peer workers, and a safe space for First Nations young people to connect with community and access wellbeing resources and support.

Sleep Ninja



<https://www.blackdoginstitute.org.au/sleep-ninja/>  App Store  Google Play

Non-Indigenous-specific app to help young people develop good, healthy sleep habits.

Smiling Mind



<https://www.smilingmind.com.au/>  App Store  Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive. Series of meditations in Ngaanyatjarra, Pitjantjatjara and Kriol language.

SMS4deadlydads



<https://www.sms4dads.com.au/deadly-dads/>

Automated SMS tips for Aboriginal and Torres Strait Islander dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.

Stay Strong

<https://staystrong.org.au/>  App Store  Google Play

App facilitating conversations between First Nations People and health professionals to strengthen social and emotional wellbeing.

Strong Spirit Strong Mind

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

Online hub promoting Aboriginal culture as central for strengthening social and emotional wellbeing, and reducing harm from alcohol and other drug use.

Suicide Call Back Service

CRISIS



<https://www.suicidecallbackservice.org.au/>  1300 659 467 (24/7)

Non-Indigenous specific counselling for people who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).



Aboriginal and Torres Strait Islander People

Thirrili / National Indigenous Suicide Postvention Service

<https://thirrili.com.au/> 1800 805 801 (24/7)

Phone line connecting First Nations families and communities impacted by suicide or another fatal traumatic incident with an Aboriginal Support Advocate who can coordinate emotional or practical support.

Wada Wanti: Leave the Ice Alone

<https://www.wadawanti.org.au/>

Interactive modules to support Aboriginal and Torres Strait Islander People who use methamphetamine (ice) to cut down or stop using.

Yarning SafeNStrong

<https://www.vahs.org.au/yarning-safenstrong/> 1800 959 563 (24/7)

Phone counselling service for Aboriginal and Torres Strait Islander People's wellbeing, including financial wellbeing and drug and alcohol issues.

Children (2-11 yrs)

ASSIST Portal



SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

SCREENING AND REFERRAL

<https://assistportal.com.au/> App Store Google Play

Website assisting health practitioners to administer the ASSIST screening tools to detect risky substance use. Features the ASSIST Youth (10-14yrs) with automatic scoring and feedback template.

Birdie's Tree (Children's Health QLD)

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery>

Online storybooks and interactive games to help young children (0-6yrs and older) and their families grow through natural disasters and disruptive events.

Bravehearts

INFORMATION

<https://bravehearts.org.au/> 1800 272 831 (Mon-Fri 8:30am-4:30pm)

Information and phonenumber for anyone seeking advice or help related to child sexual abuse. Not a crisis service.

Cool Little Kids Online

3-6yrs

\$180

PSYCHOLOGICAL INTERVENTION

<https://coollittlekids.org.au/login>

Self-guided, online CBT program for parents or caregivers of shy or anxious children.

Family Connect

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.familyconnect.org.au/>

Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/> 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

Momentum

7-17yrs

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.momentumhub.org.au>

Screening tools and tailored, self-guided CBT intervention programs for young people to manage feelings of anxiety and depression, also addressing sleep problems and help-seeking.

NEW Partners in Parenting *PIP Kids Program*

PSYCHOLOGICAL INTERVENTION

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

Practical courses providing parents and caregivers strategies to support their child or teen's mental health, with a course for parents of children (~5-11yrs) to reduce the risk of anxiety and depression.

Children (2-11 yrs)

Raising Healthy Minds

INFORMATION

<https://raisingchildren.net.au/guides/raising-healthy-minds-child-mental-health>  App Store
 Google Play

App for parents offering practical tips, information and guidance to support the social and emotional wellbeing of children (0-12yrs).

NEW Sleep Health Foundation



INFORMATION

<https://www.sleephealthfoundation.org.au/>

Information to help people understand sleep, improve sleep habits, and recognise common sleep disorders. Covers a range of sleep concerns and sleep tips for children.

Smiling Mind



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.smilingmind.com.au/>  App Store  Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive.

The Allen Adventure

Up to 8yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://alt-qed.qed.qld.gov.au/about-us/departments-apps/the-allen-adventure>
 App Store  Google Play

App teaching emotional literacy and social skills to foster respectful relationships in children.

The BRAVE Program

3-17yrs

PSYCHOLOGICAL INTERVENTION

<https://brave4you.psy.uq.edu.au/>

Self-guided CBT intervention programs to help children and teenagers better cope with their worries, with optional parent or caregiver components.

Triple P Online *Triple P for Babies, Triple P for under 12s, Fear-Less Triple P*

PSYCHOLOGICAL INTERVENTION

<https://www.triplep-parenting.net.au/au/triple-p/>

Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents of children with anxiety (6yrs+), families navigating divorce, and parents managing screen time for children (<12yrs).

Quick Reference - Adolescents Resources

Psychological Intervention: Butterfly Foundation, headspace, Inside Out eClinic, Medicare Mental Health Check In, Momentum, MOST, OCD? Not Me!, Partners in Parenting, The BRAVE Program, THIS WAY UP

Symptom Management and Wellbeing Tool: ASSIST Portal, Clearly Me, headspace, Inside Out eClinic, Mello, Minding Your Mind, MoodMission, Moody Tunes, MOST, Qwibbl, Smiling Mind, THIS WAY UP

Counselling: Butterfly Foundation, headspace, Kids Helpline, MOST, Suicide Call Back Service

Peer Support: Butterfly Foundation, headspace, MOST, My Circle, ReachOut

Information: ASSIST Portal, Bravehearts, Butterfly Foundation, headspace, Kids Helpline, Medicare Mental Health Check In, ReachOut, Sleep Health Foundation, Sortli

Screening and Referral: ADF Path2Help, ASSIST Portal, Butterfly Foundation, Inside Out eClinic, Momentum, THIS WAY UP

Adolescents (12-17 yrs)

ADF Path2Help



SCREENING AND REFERRAL

<https://adf.org.au/help-support/path2help/>

Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services. Appropriate for use with adolescents.

ASSIST Portal



SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

SCREENING AND REFERRAL

<https://assistportal.com.au/> App Store Google Play

Website assisting health practitioners to administer the ASSIST screening tools to detect risky substance use. Features the ASSIST Youth (10-14yrs; 15-17yrs) as well as coping tools.

Bravehearts

12yrs+

INFORMATION

<https://bravehearts.org.au/> 1800 272 831 (Mon-Fri 8:30am-4:30pm)

Information and phoneline for anyone seeking advice or help related to child sexual abuse. Not a crisis service.

Butterfly Foundation



PSYCHOLOGICAL INTERVENTION

COUNSELLING

PEER SUPPORT

INFORMATION

SCREENING AND REFERRAL

<https://butterfly.org.au/> 1800 33 4673 (8am-12am)

Information, online screening tool (IOI-S; 14yrs+), webchat and phone counselling, video peer support groups (18yrs+) and online recovery programs (16yrs+/18yrs+) for individuals worried about eating disorders and body image issues and their support people.

Adolescents (12-17 yrs)

Clearly Me

12-17yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.blackdoginstitute.org.au/clearlyme/>  App Store  Google Play

Self-guided app for young people providing CBT skills, coping strategies and mood tracking to support low mood, negative thoughts, low motivation and difficulties relaxing.

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/>  1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

Inside Out eClinic *Skilled Program*

16yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://eclinic.insideoutinstitute.org.au/>

Free, self-guided or own-clinician-supported digital therapeutic platform offering screening (IOI-S) and CBT-based treatment programs for people with eating disorder symptoms and their support people. Accompanying Toolbox of self-monitoring tools. Health professional hub for clinicians to refer clients and monitor progress. Young people aged 12-15 can access the services with supervision from a parent or guardian.

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/>  1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

NEW Medicare Mental Health Check In



PSYCHOLOGICAL INTERVENTION

INFORMATION

<https://medicarementalhealthcheckin.gov.au/>  1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

Mello

16-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mello.org.au/>  App Store  Google Play

CBT-, DBT- and ACT-based app to help young people break free of repetitive negative thoughts such as worry or rumination.

NEW Minding Your Mind

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://mindingyourmind.com.au>  App Store  Google Play

App to help young people track their wellbeing, identify patterns, set goals and learn strategies to manage their mental health. Supports personalised care and shared decision making.

Adolescents (12-17 yrs)

Momentum

7-17yrs

PSYCHOLOGICAL INTERVENTION SCREENING AND REFERRAL

<https://www.momentumhub.org.au>

Screening tools and tailored, self-guided CBT intervention programs for young people to manage feelings of anxiety and depression, also addressing sleep problems and help-seeking.

MoodMission

\$7.99

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://moodmission.com/>  App Store

CBT-based app for people (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.

Moody Tunes

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.moodytunes.com.au/>  App Store  Google Play

Wellbeing app to help young people recognise the impact of songs on their mood, by linking to users' Spotify playlists.

MOST

12-25yrs



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING

PEER SUPPORT

<https://most.org.au/>  App Store  Google Play

Digital support app, including self-directed modules and peer and professional webchat, to help young people with depression, anxiety, sleep problems, social skills and body image concerns. Parental consent and a referral from a participating youth mental health service required for people aged 12-14yrs.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Not a crisis service.

OCD? Not Me!

12-18yrs

PSYCHOLOGICAL INTERVENTION

<https://www.ocdnotme.com.au/>

Eight-week, self-guided exposure response prevention program for young people with OCD. Weekly tips for parents and caregivers.

NEW Partners in Parenting *PIP Program, PiP-Ed Program*

PSYCHOLOGICAL INTERVENTION

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

Practical courses providing parents and caregivers strategies to support their child or teen's mental health, with courses for parents of teens (~12-17yrs) to reduce the risk of anxiety and depression, and parents of teens experiencing school refusal.

Adolescents (12-17 yrs)

NEW Qwibbl

12-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://kidshelpline.com.au/qwibbl>

App for young people to better understand the things bothering them ('qwibbbs') and find personalised tools, tips and strategies to help improve their mental health and wellbeing.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

NEW Sleep Health Foundation



INFORMATION

<https://www.sleephealthfoundation.org.au/>

Information to help people understand sleep, improve sleep habits, and recognise common sleep disorders. Includes sleep in teenagers and challenges impacting sleep.

Smiling Mind



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.smilingmind.com.au/> App Store Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive.

Sortli

INFORMATION

<https://create.org.au/sortli/> App Store Google Play

App providing information to assist young people to transition from care to independence in adulthood. Available in Queensland, Victoria and South Australia.

Suicide Call Back Service

CRISIS



COUNSELLING

<https://www.suicidecallbackservice.org.au/> 1300 659 467 (24/7)

Counselling for people who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).

The BRAVE Program

3-17yrs

PSYCHOLOGICAL INTERVENTION

<https://brave4you.psy.uq.edu.au/>

Self-guided CBT intervention programs to help children and teenagers better cope with their worries, with optional parent or caregiver components.

Adolescents (12-17 yrs)

THIS WAY UP



12-17yrs *Teen Worry and Sadness Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for people with various mental health concerns, including a program for teens with symptoms of anxiety and depression.

Quick Reference - Young Adults Resources

Psychological Intervention: Butterfly Foundation, headspace, Inside Out eClinic, Medicare Mental Health Check In, MindSpot, MOST, The DEAL Project, THIS WAY UP

Symptom Management and Wellbeing Tool: Autistics' Guide to Adulthood, eClipSE, headspace, Inside Out eClinic, Mello, Minding Your Mind, MoodMission, Moody Tunes, MOST, Qwibbl, Smiling Mind, THIS WAY UP

Counselling: Butterfly Foundation, headspace, Kids Helpline, MOST, SANE, Suicide Call Back Service

Peer Support: Butterfly Foundation, headspace, MOST, My Circle, ReachOut, SANE

Information: Autistics' Guide to Adulthood, headspace, Kids Helpline, Medicare Mental Health Check In, MindSpot, ReachOut, SANE, Sortli, Stress Less Tips

Screening and Referral: ADF Path2Help, Butterfly Foundation, eClipSE, Inside Out eClinic, MindSpot, The DEAL Project, THIS WAY UP

Young Adults (18-25 yrs)

ADF Path2Help



SCREENING AND REFERRAL

<https://adf.org.au/help-support/path2help/>

Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.

NEW Autistics' Guide to Adulthood

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

<https://autisticsguide.org.au>

Self-paced life-skills online modules to support adults with autism to achieve their goals.

Butterfly Foundation



PSYCHOLOGICAL INTERVENTION

COUNSELLING

PEER SUPPORT

INFORMATION

SCREENING AND REFERRAL

<https://butterfly.org.au/> 1800 33 4673 (8am-12am)

Information, online screening tool (IOI-S; 14yrs+), webchat and phone counselling, video peer support groups (18yrs+) and online recovery programs (16yrs+/18yrs+) for individuals worried about eating disorders and body image issues and their support people.

eClipSE

16yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Portal to online screening tools (including AUDIT, CUDIT, SDS for methamphetamine, benzodiazepine, and heroin use), craving-management tools and self-guided courses for people with co-occurring mental health and substance use problems.

Young Adults (18-25 yrs)

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

Inside Out eClinic

16yrs+



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://eclinic.insideoutinstitute.org.au/>

Free, self-guided or own-clinician-supported digital therapeutic platform offering screening (IOL-S) and CBT-based treatment programs for people with eating disorder symptoms and their support people. Accompanying Toolbox of self-monitoring tools. Health professional hub for clinicians to refer clients and monitor progress.

Kids Helpline

CRISIS

5-25yrs



COUNSELLING

INFORMATION

<https://kidshelpline.com.au/> 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people.

NEW Medicare Mental Health Check In

PSYCHOLOGICAL INTERVENTION

INFORMATION

<https://medicarementalhealthcheckin.gov.au/> 1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

Mello

16-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mello.org.au/> App Store Google Play

CBT-, DBT- and ACT-based app to help young people break free of repetitive negative thoughts such as worry or rumination.

NEW Minding Your Mind

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://mindingyourmind.com.au> App Store Google Play

App to help young people track their wellbeing, identify patterns, set goals and learn strategies to manage their mental health. Supports personalised care and shared decision making.

MindSpot



18-25yrs Mood Mechanic Course

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening, information and online CBT treatment programs with optional therapist-guided support for adults with various mental health concerns, including a program for young adults with stress, anxiety, and depression.

Young Adults (18-25 yrs)

MoodMission

\$7.99

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://moodmission.com/>  App Store

CBT-based app for people (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.

Moody Tunes

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.moodytunes.com.au/>  App Store  Google Play

Wellbeing app to help young people recognise the impact of songs on their mood, by linking to users' Spotify playlists.

MOST

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

<https://most.org.au/>  App Store  Google Play

App-based digital support service, including self-directed modules and peer and professional webchat support, to help young people with depression, anxiety, sleep problems, social skills and body image concerns.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Not a crisis service.

NEW Qwibbl

12-25yrs

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://kidshelpline.com.au/qwibbl>

App for young people to better understand the things bothering them ('qwibbbs') and find personalised tools, tips and strategies to help improve their mental health and wellbeing.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information, resources, online chat with trained peer workers and personalised guidance for young people seeking support for their mental health and wellbeing. Not a crisis service.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/>  1300 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people.

Young Adults (18-25 yrs)

Smiling Mind



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.smilingmind.com.au/> App Store Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive.

Sortli

15yrs+

INFORMATION

<https://create.org.au/sortli/> App Store Google Play

App providing information to assist young people to transition from care to independence in adulthood. Available in Queensland, Victoria and South Australia.

Stress Less Tips

INFORMATION

<https://www.stresslesstips.org.au/>

Tips to help support mental health and wellbeing by decreasing stress. Includes tips to stress less at university.

Suicide Call Back Service

CRISIS



COUNSELLING

<https://www.suicidecallbackservice.org.au/> 1300 659 467 (24/7)

Counselling for people who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).

The DEAL Project

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

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

Self-guided online program to help young people experiencing symptoms of depression and/or drinking alcohol. Screening tools for alcohol use (AUDIT) and depression (DASS-21, depression subscale) with brief feedback and recommendations for support.

THIS WAY UP

18yrs+ *Worry and Rumination Program*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Own-clinician-supported CBT and MBCT psychological intervention for worry and rumination for young adults (clinician referral required). A range of other intervention programs for adults with various mental health concerns.

Note: Services for general adults may also be appropriate.

Older Adults

Beyond Blue



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.beyondblue.org.au/> 1300 22 4636 (24/7)

Information, phone and webchat counselling, and peer support forums for people going through a tough time or wanting support with their mental health. Not a crisis service.

MindSpot



60yrs+

Wellbeing Plus Course

PSYCHOLOGICAL INTERVENTION

INFORMATION

SCREENING AND REFERRAL

<https://www.mindspot.org.au/>

Screening, information and online CBT treatment programs with optional therapist-guided-support for people with various mental health concerns, including a program for older adults with stress, anxiety, and depression.

NEW

Sleep Health Foundation



INFORMATION

<https://www.sleephealthfoundation.org.au/>

Information to help people understand sleep, improve sleep habits, and recognise common sleep disorders. Covers a range of sleep concerns in older adults.

THIS WAY UP

18yrs+

\$59 or free with referral



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including depression, insomnia, chronic pain and other issues.

Note: Services for general adults may also be appropriate.

Looking for resources for Aboriginal and Torres Strait Islander People? See page 54.

Quick Reference - Culturally and Linguistically Diverse Resources

Psychological Intervention: Counselling Online, Gambling Help Online, iCan Quit, Medicare Mental Health Check In, THIS WAY UP

Symptom Management and Wellbeing Tool: Carer Gateway, Counselling Online, Gambling Help Online, Smiling Mind, THIS WAY UP

Counselling: 1800RESPECT, Beyond Blue, Carer Gateway, Counselling Online, Eating Disorders Families Australia, Gambling Help Online, Griefline, PANDA, Witness to War

Peer Support: Beyond Blue, Carer Gateway, Counselling Online, Eating Disorders Families Australia, Gambling Help Online, Griefline, iCan Quit

Information: 1800RESPECT, Alcohol and Drug Foundation, Beyond Blue, Carer Gateway, Counselling Online, Eating Disorders Families Australia, Embrace Multicultural Mental Health, Griefline, Medicare Mental Health Check In, PANDA, Phoenix Australia, Positive Choices, Raising Children Network

Screening and Referral: ADF Path2Help, Counselling Online, Daisy, Gambling Help Online, THIS WAY UP

Culturally and Linguistically Diverse People

1800RESPECT



CRISIS

COUNSELLING INFORMATION

<https://www.1800respect.org.au/> 1800 737 732 (24/7)

Domestic, family, and sexual violence counselling service (phone/video/SMS/webchat). Website available in 29 languages other than English with links to the national Translation and Interpreting Service (TIS) for the phone line.

Alcohol and Drug Foundation



INFORMATION

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

Information on drug and alcohol use for individuals and those worried about someone else. Can be translated into over 100 languages.

ADF Path2Help



SCREENING AND REFERRAL

<https://adf.org.au/help-support/path2help/>

Online screening portal (ASSIST) providing referral to alcohol and other drug services. Can be translated into over 100 languages.

Beyond Blue



COUNSELLING PEER SUPPORT INFORMATION

<https://www.beyondblue.org.au/> 1300 22 4636 (24/7)

Chinese, Arabic, Vietnamese and Punjabi information resources on mental illness, depression and anxiety, supporting parents and families and getting professional help. Phone and webchat counselling, and peer support forum on multicultural experiences.

Culturally and Linguistically Diverse People

Carer Gateway



SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING PEER SUPPORT INFORMATION

<https://www.carergateway.gov.au/> 1800 244 737 (Mon-Fri 8am-5pm)

Information, phone counselling (18yrs+), and online peer support groups (18yrs+) as well as module-based online wellbeing skills course for unpaid carers. Translated resources in over 20 different languages, and easy access to a translator.

Counselling Online



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING

PEER SUPPORT INFORMATION SCREENING AND REFERRAL

<https://www.counsellingonline.org.au/>

Information, webchat counselling and a community support forum (18yrs+) for anyone affected by alcohol and substance use. Website translation available in multiple languages.

Daisy



SCREENING AND REFERRAL

<https://www.1800respect.org.au/daisy> App Store Google Play

App connecting people experiencing domestic, sexual or family violence to service providers. Available in 28 languages other than English) but without 'quick exit' and 'get help' features. Also includes a quick link to the National Translating and Interpreting Service.

Eating Disorders Families Australia



COUNSELLING PEER SUPPORT INFORMATION

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

Virtual peer support groups for adult support people of a loved one with eating or body image concerns, with access to credentialed interpreters in over 150 languages.

NEW Embrace Multicultural Mental Health



INFORMATION

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

Website providing translated information on mental health and help-seeking, community developed resources, and links to state-based multicultural mental health services. Available in up to 29 languages.

Gambling Help Online



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING

PEER SUPPORT SCREENING AND REFERRAL

<https://www.gamblinghelponline.org.au/> 1800 858 858 (24/7)

Counselling, screening tools, modules, tools, SMS program, and peer support forum for anyone affected by gambling. Website and tools available in 14 languages.

Culturally and Linguistically Diverse People

Griefline

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://griefline.org.au/> 1300 845 745 (9am-8pm)

Phone support, peer support forums and video peer support groups for adults experiencing grief and loss. Offers grief and loss information in Arabic, Greek, Spanish, Vietnamese and Chinese.

iCan Quit



PSYCHOLOGICAL INTERVENTION

PEER SUPPORT

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

Website to support people to quit smoking, with planning tools to set goals, track progress, as well as online community support. Available in Simplified and Traditional Chinese, Vietnamese and Arabic.

NEW Medicare Mental Health Check In

PSYCHOLOGICAL INTERVENTION

INFORMATION



<https://medicarementalhealthcheckin.gov.au/> 1800 595 212 (Mon-Fri 8:30am-5pm)

Low-intensity programs and information (self-guided or with guided support from a mental health practitioner) to help people manage mild mental health challenges.

PANDA



COUNSELLING

INFORMATION

<https://panda.org.au/> 1300 726 306 (Mon-Fri 9am-7:30pm, Sat 9am-4pm)

Phone support and online resources for the wellbeing of parents and families during family planning, pregnancy and the first year of parenthood. Translated resources available in 40 different languages.

NEW Phoenix Australia



INFORMATION

<https://www.phoenixaustralia.org/your-recovery/>

Information to understand, prevent, and recover from trauma, and to support those affected. Select resources and videos available in Arabic, Cantonese, Mandarin and Vietnamese.

Positive Choices



INFORMATION

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

Portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use. Also offers parenting resources translated into Arabic, Hindi, and Simplified Chinese.

Raising Children Network



INFORMATION

<https://raisingchildren.net.au/>

Information and guidance for parents and caregivers to help families grow and thrive. Translated resources available in 20 different languages, including videos in Auslan.

Culturally and Linguistically Diverse People

Smiling Mind



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.smilingmind.com.au/> App Store Google Play

Website and app teaching evidence-based mental fitness skills, including mindfulness meditation, to help people of all ages and stages thrive. Series of meditations in Dari and Arabic.

THIS WAY UP

18yrs+

\$59 or free with referral



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported CBT or MBCT psychological intervention and wellbeing programs for people with various mental health concerns. Depression program available in Mandarin (Chinese Traditional). Free translated coping tools and worksheets available in nine different languages.

Witness to War



COUNSELLING

<https://www.fasstt.org.au/witness-to-war/> 1800 845 198 (Mon-Fri 10am-7pm)

Multilingual telephone counselling line for people in Australia affected by overseas conflict. Bicultural support workers and mental health practitioners can speak to callers in Arabic, Hebrew, Dari, Ukrainian and English and in other languages with an interpreter.

Health Professionals

Drs4Drs

CRISIS

COUNSELLING

<https://www.drs4drs.com.au/>  1300 374 377 (24/7)

Confidential phone counselling (up to 3 sessions) for any doctor, medical student or their partner struggling with their mental health. Links to state-based Doctors' Health Services.

Hand-n-Hand

PEER SUPPORT

<https://www.handnhand.org.au/>

Emotional and wellbeing support for health professionals from peer volunteers.

National Emergency Worker Support Service

18yrs+

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/>

Screening for depression (PHQ-9), anxiety (GAD-7) and PTSD (PTSD-8), and up to 12 telehealth sessions with a trauma-informed clinical psychologist for emergency service workers to manage the impact of trauma experienced at work.

Peak Fortem

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://peakfortem.fortemaustralia.org.au/>

Practical CBT and emotion regulation toolkit to promote mental fitness and wellbeing for Australian first responders and their families.

TEN - The Essential Network for Health Professionals

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

<https://www.blackdoginstitute.org.au/the-essential-network/>

Online hub for health practitioners offering self-assessed mental health screening for symptoms of depression (PHQ-9), anxiety (GAD-7), traumatic experiences (PCL-5), and burnout (OBI). Also offers access to up to five free clinical telehealth sessions, evidence-based tools and online programs to navigate burnout, sleep and shiftwork and maintain good mental health.

LGBTIQ+ People

Between the Lines

INFORMATION SCREENING AND REFERRAL

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

Information, tips and resources, and screening tool (modified eASSIST Lite) for alcohol and other drug use for people in the LGBTIQ+ community.

Full Stop Australia

CRISIS

COUNSELLING

<https://fullstop.org.au/> 1800 385 578 (24/7) 1800 497 212 (24/7, for LGBTIQ+ community)

Sexual, domestic and family violence phone counselling for anyone from the LGBTIQ+ community or their support people.

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING

PEER SUPPORT INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Qheadspace group chat (weekly, 6:30pm-9:45pm AEST) for LGBTIQ+ people and allies. Also offers information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers. Not a crisis service.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Includes specific Circle space: 'LGBTIQAP+'. Not a crisis service.

QLife



PEER SUPPORT

<https://qlife.org.au/> 1800 184 527 (3pm-9pm)

Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community.

ReachOut

16-25yrs



PEER SUPPORT INFORMATION

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

Information and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people seeking support to improve wellbeing. Specific resources for the LGBTIQ+ community.

Say It Out Loud

INFORMATION

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

Toolkit for the LGBTIQ+ community on sexual, family and intimate partner violence and how to support each other.

Neurodivergent People

NEW Autistics' Guide to Adulthood

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL INFORMATION

<https://autisticsguide.org.au>

Self-paced life-skills online modules to support adults with autism to achieve their goals.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Includes specific Circle space: 'Neurodivergence'.

Raising Children Network



INFORMATION

<https://raisingchildren.net.au/>

Information and guidance for parents and caregivers to help families grow and thrive together. Specific information on parenting neurodivergent children.

ReachOut

16-25yrs



PEER SUPPORT INFORMATION

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

Information and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people seeking support to improve wellbeing. Specific resources for ADHD, Autism and neurodivergence.

Quick Reference - New and Expecting Parents and Caregivers

Psychological Intervention: DadBooster, DadSpace, Mum2BMoodBooster, MumMoodBooster, MumSpace, THIS WAY UP, Triple P Online

Symptom Management and Wellbeing Tool: Baby Steps, DadSpace, MindMum, MumSpace, SMS4dads, THIS WAY UP, What Were We Thinking!

Counselling: PANDA, Red Nose Grief and Loss

Peer Support: Red Nose Grief and Loss

Information: DadSpace, MumSpace, PANDA, Raising Children Network, SMS4dads

Screening and Referral: For When Helpline, Mum2BMoodBooster, MumMoodBooster, MumSpace, THIS WAY UP

New and Expecting Parents and Caregivers

Baby Steps



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.babysteps.org.au/>

Self-guided online program to enhance the wellbeing of new parents adjusting to life with a baby.

NEW DadBooster



PSYCHOLOGICAL INTERVENTION

<https://www.dadbooster.com/#home>

Self-guided online program for fathers experiencing postnatal depression or anxiety, offering practical strategies, progress feedback, and automated SMS support.

NEW DadSpace

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

<https://www.dadspace.com.au/>

Information website and hub with a range of online support options for fathers transitioning to parenthood.

For When Helpline



SCREENING AND REFERRAL

<https://forwhenhelpline.org.au/> ☎ 1300 24 23 22 (Mon-Fri 9am-4:30pm)

Mental health care referral phone line for new and expecting parents and caregivers.

MindMum



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://www.mumspace.com.au/when-you-need-extra-help/> 🍏 App Store 🌐 Google Play

CBT and mindfulness-based app to help new and expectant mothers manage emotional challenges.

Mum2BMoodBooster

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.mum2bmoodbooster.com/public/>

Self-guided CBT intervention program with screening tool (EPDS) to support women with antenatal depression and anxiety. Clinician portal and free automated SMS support for users.

New and Expecting Parents and Caregivers

MumMoodBooster

PSYCHOLOGICAL INTERVENTION

SCREENING AND REFERRAL

<https://www.mummoodbooster.com/public/>

Self-guided CBT intervention program with screening tool (EPDS) to support women with postnatal depression and anxiety. Clinician portal and free automated SMS support for users.

NEW

MumSpace *Baby Steps, MindMum, Mum2BMoodBooster, MumMoodBooster, What Were We Thinking!*

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

SCREENING AND REFERRAL

<https://www.mumspace.com.au>  App Store  Google Play

'One-stop shop' for self-guided or own-clinician-supported screening and CBT interventions for women with perinatal depression and anxiety. Also wellbeing programs, information and an app for new and expecting parents.

PANDA



COUNSELLING

INFORMATION

<https://panda.org.au/>  1300 726 306 (Mon-Fri 9am-7:30pm, Sat 9am-4pm)

Phone support and online resources for the wellbeing of parents and families during family planning, pregnancy and the first year of parenthood.

Raising Children Network



INFORMATION

<https://raisingchildren.net.au/>

Information and guidance for parents and caregivers to help families grow and thrive.

Red Nose Grief and Loss



COUNSELLING

PEER SUPPORT

<https://rednose.org.au/grief-and-loss-support/overview/>  1300 308 307 (24/7)

Webchat and telephone support for parents/caregivers and families after the death of a baby or child. Access to online peer support.

SMS4dads



SYMPTOM MANAGEMENT AND WELLBEING TOOL

INFORMATION

<https://www.sms4dads.com.au/>

Automated SMS tips for dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.

THIS WAY UP

\$35 or free with referral



18yrs+

Pregnancy Anxiety and Depression Program, Postnatal Anxiety and Depression Program

PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

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

Self-guided or own-clinician-supported screening tools and CBT or MBCT psychological intervention and wellbeing programs for adults with various mental health concerns, including programs for prenatal or postnatal anxiety and depression.

New and Expecting Parents and Caregivers

Triple P Online *Triple P for Babies*

PSYCHOLOGICAL INTERVENTION

 <https://www.triplep-parenting.net.au/au/triple-p>

Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents of children with anxiety (6yrs+), families navigating divorce, and for parents managing screen time in children (<12yrs).

What Were We Thinking!

SYMPTOM MANAGEMENT AND WELLBEING TOOL

 <https://www.whatwerewethinking.org.au/home>  App Store

App and website to promote confidence, adjust to relationship changes, and reduce stress in new parents and caregivers adjusting to life with a baby.

Looking for resources for to help with parenting? See page 27.

Parents and Caregivers

headspace

12-25yrs



PSYCHOLOGICAL INTERVENTION

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

PEER SUPPORT

INFORMATION

<https://headspace.org.au/> 1800 650 890 (9am-1am)

Information, tools, phone and webchat counselling, and moderated group chats to support young people, parents, and caregivers with managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.

MensLine



COUNSELLING

<https://mensline.org.au/> 1300 78 99 78 (24/7)

Telephone, video and webchat counselling service offering support to men in Australia.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Includes a separate platform (My Circle for Parents) for parents, carers and supporters of young people.

Parents Beyond Breakup Helpline

PEER SUPPORT

<https://parentsbeyondbreakup.com/> 1300 853 437 (9am-4pm)

A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups or a volunteer peer worker.

ReachOut

16-25yrs



PEER SUPPORT

INFORMATION

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

Information and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people seeking support to improve wellbeing. ReachOut Parents provides tips, information and free telephone and online professional coaching for parents and carers of teens aged 12-18.

Red Nose Grief and Loss



COUNSELLING

PEER SUPPORT

<https://rednose.org.au/grief-and-loss-support/overview/> 1300 308 307 (24/7)

Webchat and telephone support for parents/caregivers and families after the death of a baby or child. Access to online peer support.

People Living in Rural and Remote Areas

Family and Friend Support Program *Rural and Remote Regions Program*

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Self-guided online wellbeing programs or apps for adults supporting someone; using alcohol and/or other drugs, crystal methamphetamine, and/or living in a rural/remote location.

ifarmwell

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Online toolkit to help Australian farmers cope with stress and improve their wellbeing.

Weathering Well



SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://staysstrong.org.au/weathering-well/>  App Store  Google Play

Clinician facilitated app to guide a strengths-based conversation addressing mental wellbeing and alcohol and drug use for people in farming communities.

People with Disability

1800RESPECT



CRISIS

COUNSELLING INFORMATION

<https://www.1800respect.org.au/> 1800 737 732 (24/7)

Domestic, family, and sexual violence counselling service (phone/video/SMS/webchat). Website compatible with a screen reader, easy English aids, and counsellors trained to assist people with communication difficulties. Phone line contactable through National Relay Service.

Alcohol and Drug Foundation



INFORMATION

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

Information on drug and alcohol use for individuals and those worried about someone else. Offers text to speech, a magnifier, page summariser and a dictionary.

ADF Path2Help



SCREENING AND REFERRAL

<https://adf.org.au/help-support/path2help/>

Online screening portal (ASSIST) providing referral to alcohol and other drug services. Offers text to speech, a magnifier, page summariser and a dictionary to support accessibility.

Beyond Blue



COUNSELLING PEER SUPPORT INFORMATION

<https://www.beyondblue.org.au/> 1300 22 4636 (24/7)

Easy English information resources on depression and anxiety and getting professional help. Information for people with a disability and mental health issues. Phone and webchat counselling and peer support forums for people going through a tough time.

Carer Gateway



SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING PEER SUPPORT INFORMATION

<https://www.carergateway.gov.au/> 1800 244 737 (Mon-Fri 8am-5pm)

Information, phone counselling (18yrs+), and online peer support groups (18yrs+) as well as module-based online wellbeing skills course for unpaid carers. Offers a wide array of accessibility features including Readspeak, compatibility with a screen reader, easy English and Auslan resources.

My Circle

12-25yrs

PEER SUPPORT

<https://kidshelpline.com.au/my-circle>

Safe, confidential, moderated peer support platform for young people going through challenges to connect and learn from each other. Includes specific Circle space: 'Disability, Illness and Physical Health'.

People with Disability

Positive Choices

INFORMATION

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

Portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use. Also offers parenting resources translated into Simplified English and a toolbar of Accessibility features including text-to-speech.

Raising Children Network

INFORMATION

<https://raisingchildren.net.au/>

Information and guidance for parents and caregivers to help families grow and thrive together. Specific information on parenting children with disabilities.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/> 1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people. Includes accessibility features (e.g. Easy Read, focus tools) and specific resources for people living with disability.

Quick Reference - Support People Resources

Psychological Intervention: Butterfly Foundation, Counselling Online, Gambling Help Online, Inside Out eClinic, The Shared Table

Symptom Management and Wellbeing Tool: Carer Gateway, CarerWell, Counselling Online, Family and Friends Support Program, Gambling Help Online, Inside Out eClinic, Minds Together

Counselling: Butterfly Foundation, Carer Gateway, Counselling Online, Eating Disorders Families Australia, Full Stop Australia, Gambling Help Online, Men's Referral Service, SANE

Peer Support: Breathing Space, Butterfly Foundation, Carer Gateway, Counselling Online, Eating Disorders Families Australia, Gambling Help Online, Peer CARE Companion Warmline, SANE

Information: Alcohol and Drug Foundation, Butterfly Foundation, Carer Gateway, Counselling Online, Cracks in the Ice, Eating Disorders Families Australia, Feed Your Instinct, LearnED, SANE, You Are Not Alone

Screening and Referral: ADF Path2Help, Butterfly Foundation, Counselling Online, Feed Your Instinct, Gambling Help Online, Inside Out eClinic, Inside Out Institute for Eating Disorders

Support People

Alcohol and Drug Foundation



INFORMATION

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

Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.

ADF Path2Help



SCREENING AND REFERRAL

<https://adf.org.au/help-support/path2help/>

Online screening portal (ASSIST) for people supporting someone using alcohol or other drugs providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.

Breathing Space

16yrs+

PEER SUPPORT

<https://breathingspace.community/> App Store Google Play

Secure app or web forum providing access to an online community of peers to improve wellbeing and resilience while supporting someone with drug or alcohol use.

Butterfly Foundation



PSYCHOLOGICAL INTERVENTION

COUNSELLING

PEER SUPPORT

INFORMATION

SCREENING AND REFERRAL

<https://butterfly.org.au/> 1800 33 4673 (8am-12am)

Information, webchat and phone counselling, and virtual peer support groups for individuals worried about eating disorders and body image issues and their support people (18yrs+). Free resources for families to support positive body image at home.

Support People

Carer Gateway



SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING PEER SUPPORT INFORMATION

<https://www.carergateway.gov.au/> 1800 244 737 (Mon-Fri 8am-5pm)

Information, phone counselling (18yrs+), and peer support forum (18yrs+) as well as module-based online wellbeing skills course for unpaid carers.

CarerWell

SYMPTOM MANAGEMENT AND WELLBEING TOOL

<https://carerwell.com.au/> App Store

Online wellbeing program or app for adult friends and family members of an adult person with brain cancer.

Counselling Online



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING

PEER SUPPORT INFORMATION SCREENING AND REFERRAL

<https://www.counsellingonline.org.au/>

Information, webchat counselling and a community support forum (18yrs+) for anyone affected by alcohol and substance use including family, friends, colleagues and support people.

NEW Cracks in the Ice



INFORMATION

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

Information, self-help strategies and resources about crystal meth ('ice') for individuals, support people, and communities.

Eating Disorders Families Australia



COUNSELLING PEER SUPPORT INFORMATION

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

Virtual peer support groups facilitated by lived experience peer workers for adult support people of a loved one with an eating disorder or eating and body image concerns. Free video call counselling for adult support people and young supporters (10-17yrs) of someone with an eating disorder.

Family and Friend Support Program

18yrs+

Alcohol and Other Drugs Program, Domestic and Family Violence Program, Ice Program, Rural and Remote Regions Program

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Self-guided online wellbeing programs or apps for adults supporting someone; using alcohol and/or other drugs, crystal methamphetamine, and/or living in a rural/remote location. Additional program for adults experiencing domestic and family violence or supporting someone who is.

Support People

Feed Your Instinct

INFORMATION SCREENING AND REFERRAL

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

Parent-report interactive checklist providing practical guidance for parents and caregivers of children and young people experiencing eating and/or body image problems to support connection to professional help.

Full Stop Australia

CRISIS

COUNSELLING

<https://fullstop.org.au/> 1800 385 578 (24/7)
1800 497 212 (24/7, for LGBTIQ+ community)

Specialist sexual, domestic and family violence phone counselling for anyone from the LGBTIQ+ community and their supporters.

Gambling Help Online



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL COUNSELLING

PEER SUPPORT SCREENING AND REFERRAL

<https://www.gamblinghelponline.org.au/> 1800 858 858 (24/7)

Webchat and phone counselling, screening tools (K10), online modules and tools, and a community peer support forum for anyone affected by gambling.

Inside Out eClinic *SupportED Program*

16yrs+



PSYCHOLOGICAL INTERVENTION SYMPTOM MANAGEMENT AND WELLBEING TOOL SCREENING AND REFERRAL

<https://eclinic.insideoutinstitute.org.au/>

Free, self-guided or own-clinician-supported digital therapeutic platform offering screening (IOL-S) and CBT-based treatment programs for people with eating disorder symptoms and their support people. Accompanying Toolbox of self-monitoring tools. Health professional hub for clinicians to refer clients and monitor progress.

Inside Out Institute for Eating Disorders

16yrs+

SCREENING AND REFERRAL

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

Information for family, support people and those with an eating disorder. Online screening tools and referral to face-to-face services for eating disorders.

LearnED

INFORMATION

<https://learn.eatingdisorders.org.au/>

Online, self-directed psychoeducation programs for people in recovery from an eating disorder, their support people and their health practitioners.

Men's Referral Service

COUNSELLING

<https://ntv.org.au/mrs/> 1300 766 491 (24/7)

Counselling, information and referral phonenumber supporting men who use violence and abuse to change their behaviour. Open to friends, family or colleagues.

Support People

Minds Together

18yrs+

SYMPTOM MANAGEMENT AND WELLBEING TOOL

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

Wellbeing programs for adult family and friends of adults experiencing suicidal distress or following a suicide attempt (ACT or NSW only) and adult family and friends of paramedics who are experiencing mental health concerns (nationwide). Not a crisis service.

Peer CARE Companion Warmline



PEER SUPPORT

<https://rosesintheocean.com.au/peer-care-companion-warmline/> ☎ 1300 77 7337

Call-back peer support service for adults with lived experience of suicide and their support people to connect and cope with emotional distress. Not a crisis or counselling line.

SANE

18yrs+



COUNSELLING

PEER SUPPORT

INFORMATION

<https://www.sane.org/> ☎ 1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information (including 6-month self-paced 'Recovery Club' program) for adults with complex mental health needs and their support people.

The Shared Table

PSYCHOLOGICAL INTERVENTION

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

Online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.

You Are Not Alone

18yrs+

INFORMATION

<https://www.sane.org/you-are-not-alone>

Information for adults supporting someone who has suicidal thoughts or who has attempted suicide. Not a crisis service.

Veterans

Defence Member and Family Helpline

CRISIS

COUNSELLING

 1800 624 608 (24/7)

Phone support for defence members and their families, providing assessment, assistance, advice or referral to relevant services.

Go Beyond

SYMPTOM MANAGEMENT AND WELLBEING TOOL

SCREENING AND REFERRAL

 <https://gobeyond.org.au/#/public-dashboard>

Online, self-guided program for veterans transitioning back into civilian life.

Open Arms Safe Zone Support

COUNSELLING

 <https://www.openarms.gov.au/safe-zone>  1800 142 072 (24/7)

Free, anonymous counselling phone line for current and ex-serving ADF personnel, veterans and their families.

Open Arms Self-Help Tools

SYMPTOM MANAGEMENT AND WELLBEING TOOL

COUNSELLING

 <https://www.openarms.gov.au/get-support/self-help-tools>

Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.

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Education. Guidance. Support.

eMHPrac is funded by the Australian Government to raise health practitioner awareness and knowledge of digital mental health. eMHPrac aims to empower the Australian health and wellbeing workforce to incorporate digital mental health resources into regular treatment, building capacity and capability to improve treatment opportunities for all Australians.

The project is led by Queensland University of Technology in partnership with Menzies School of Health Research and University Centre for Rural Health, University of Sydney.

The information provided in this guide is intended for health practitioners. Whilst the resources listed here were developed by credible sources and most are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any resource and use best judgement within the scope of their training and role to assess suitability for any particular patient or client. The resources listed in this guide are not exhaustive and represent only Australian products.

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