

eMHprac

E-MENTAL HEALTH IN PRACTICE

A Guide to Digital Mental Health Resources

August 2020

www.emhprac.org.au

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Digital Mental Health

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

Funded by the Australian Government

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

Contact us at: emhprac@qut.edu.au

The eMHPrac Resource Guide

The eMHPrac Resource Guide for Practitioners provides a useful overview of various Australian online and teleweb programs. All listed programs have been developed by credible sources, such as the Australian Government, universities, and national non-government organisations.

Each program is described using the following codes:

R = Requires registration with name/email

CT = Counsellor/Coach/Therapist assistance included or available

HP = Separate Health Practitioner access available

F = Free to access/no cost

This list is current as at August 2020

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it.

The services and resources listed in this guide are not exhaustive and represent

primarily Australian products.

Evidence

Australia is an international leader in the development of digital mental health resources and there are now a range of reputable Australian institutions and organisations providing online mental health treatment programs, information, and phone and web-based support.¹ The growth of digital technologies enables those experiencing mental health conditions to have greater access and engagement with psychological treatment.^{2,3} Online delivery has a number of advantages for both clinicians and clients, including anonymity, convenience and cost-effectiveness.⁵

There is now considerable research showing that internet-delivered cognitive behavioural therapy programs are an effective, acceptable and practical form of health care for anxiety, depressive disorders, panic disorder, post-traumatic stress disorder, insomnia, pain management and phobias.^{5,6,7} These programs can be as effective as face-to-face treatment, particularly if there is additional practitioner support.^{6,7} The expansion of online mental health resources has broadened the range of programs available to include a variety of mental health conditions and specific and general populations.

Caution needs to be exercised when utilising health intervention apps. There is substantial interest in health apps due to the large number available, however research shows that the majority lack methodological rigour.^{2,8,9} Limited information is available about apps beyond user reviews and star ratings which can be manipulated.⁸ It is important to assess quality and efficacy of the app and understand who has developed it, and if it is informed by research evidence.⁹ Trusted digital mental health services should be delivered with strong clinical, operational and organisational governance.¹⁰

More journal articles on digital mental health can be found in the evidence site on our website: www.emhprac.org.au

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Head to Health **headtohealth.gov.au**

Head to Health is a digital mental health gateway launched by the Australian Government in October 2017. It connects Australians to evidence-based and peer-reviewed online resources, either for yourself, for someone else or as a health practitioner.

Services and resources listed on Head to Health are delivered by trusted mental health service providers. They include free or low-cost apps, online support communities, online courses and phone services that are private and secure. Head to Health is helpful when seeking support for a mental health condition, it also provides information about staying mentally well.

Six Ways Head to Health Can Help You

1. Find Australian mental health resources

Australia has great mental health services and resources, but it can be tough finding the ones that suit you best. We've made your search easier by hand-picking resources from publicly funded providers.

2. Discover 4 types of digital resources

Online resources can be convenient, private and effective — and many are completely free! Not only can you find websites with solid information and advice, but you can also use apps and programs to build skills and track progress, share stories in online forums, and get confidential support through phone, email, and chat services.

3. Not sure what you're looking for?

If you don't know where to begin, we've developed a little tool called Sam the Chatbot. Answer some of Sam's questions, and you will be pointed in the right direction.

4. Get immediate support

If you need to talk to someone now, we have a list of phone and webchat contacts you can use to get immediate support.

5. Help yourself help someone else

Supporting someone with a mental health issue can be challenging. We have advice on how to support someone else, as well as links to resources that will help you take care of yourself.

6. See the bigger picture

Head to Health gives you a bird's eye view on the topic of mental health with sections on meaningful life, mental health difficulties, supporting yourself, and supporting someone else.

How can digital mental health resources help your service?

Digital mental health services and programs allow Australians to access mental health information and support from any place, at any time. Digital mental health services are useful tools that can enhance access and availability of mental health support by extending and optimising the work done in session or be used alongside other forms of therapy or support.

Digital Mental Health Training and Supports for Practitioners

The eMHPrac website

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

Visit our website for updated information about resources, fact sheets, webinars, evidence and upcoming events. This Resource Guide is available as a PDF on our website, and requests for hard copies can also be made via our website order form.

Black Dog Institute offers face-to-face workshops to GPs. They also offer comprehensive range of webinars and online training for GPs and Allied Health practitioners. These resources can be accessed via the eMHPrac website and also the Black Dog Institute website at: <http://www.blackdoginstitute.org.au/education-training/health-professionals/mental-health-in-practice>

Tips for Using Digital Mental Health in Your Practice

When looking to use digital mental health ask yourself:

1. Why are you recommending/referring/using a digital mental health tool with your client? What will they get out of it (benefits)?
2. How will it be utilised? I.e. self guided, therapist supported, between sessions, follow up etc.
3. What are the challenges, barriers or issues of use? You may need to revise which program is being suggested.

Practical issues to consider regarding digital mental health programs

1. Cost
2. Usability and functionality—ease of access and use
3. If it can only be used online
4. What kind of device the program works best on i.e. smartphone, tablet, desktop etc.
5. What operating system (iOS, Android, Windows) does the program need
6. User's technological knowledge and experience
7. Security of the program and the information it collects (i.e. registration)

CRISIS*	<p>*N.B. The services below are general Crisis services. For more specific phone or web counselling services, please search using Diagnosis or Specialist Target Group.</p>
1800 RESPECT Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.	http://www.1800respect.org.au/ 1800 737 732
Beyond Blue Support Service Telephone, online and email counselling for people going through a tough time.	http://www.beyondblue.org.au/get-support/get-immediate-support 1800 224 636
Beyond Blue Beyond Now Suicide safety planning, to support people experiencing suicidal thoughts or heading towards a suicidal crisis.	http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning
Griefline Provides phone and online counselling services to individuals and families who are experiencing loss and grief.	http://www.griefline.org.au/ 1300 845 745
Kids Helpline Phone and real time web-based crisis support.	http://www.kidshelpline.com.au/ 1800 55 1800
Lifeline Crisis Support Phone and real time online crisis support.	http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat 13 11 14
Mensline Australia Advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling.	http://www.mensline.org.au/ 1300 78 99 78
Men's Referral Service Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/ friends/family members).	https://www.ntv.org.au 1300 766 491
Samaritans Crisis Line Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.	http://www.thesamaritans.org.au/ 135 247
Suicide Call Back Service Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.	http://www.suicidecallbackservice.org.au/ 1300 659 467

NATURAL DISASTERS*	
<p>*Some of these sites are listed elsewhere in this guide, but are included here due as they have developed disaster-specific resources.</p>	
<p>Australian Psychological Society A guide to Psychological first aid, supporting people affected by disaster.</p>	<p>https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster</p>
<p>Beyond Blue Get information on: support following a traumatic event, bushfires and mental health, looking after yourself and police and emergency services personnel mental health.</p>	<p>www.beyondblue.org.au/the-facts/bushfires-and-mental-health/</p>
<p>Black Dog Institute Information on coping with the stress of bushfires and finding support.</p>	<p>https://blackdoginstitute.org.au/bushfire-support</p>
<p>Emerging Minds A trauma toolkit for communities, families and individuals, recovering from a traumatic event.</p>	<p>https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</p>
<p>Headspace Resources to support young people, and their family and friends after a natural disaster.</p>	<p>https://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters/?stage=Live</p>
<p>ifarmwell A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day.</p>	<p>http://www.ifarmwell.com.au</p>
<p>Kids Helpline Phone and real time web-based crisis support for youth (5-25 years), and information on coping with natural disasters.</p>	<p>http://www.kidshelpline.com.au/teens/issues/coping-natural-disasters 1800 55 1800</p>
<p>Lifeline Crisis Support Phone and real time online crisis support.</p>	<p>http://www.lifeline.org.au/get-help/topics/bushfire-recovery 13 11 14</p>
<p>Lifeline Drought Toolkit Tool kit for people living in drought affected communities, providing practical tips to care for themselves and those around them.</p>	<p>https://www.lifeline.org.au/support-lifeline/lifeline-campaigns/drought-tool-kit</p>

NATURAL DISASTERS*	
<p>*Some of these sites are listed elsewhere in this guide, but are included here as they have developed disaster-specific resources.</p>	
<p>Life in Mind</p> <p>A guide to practical and emotional support resources for bushfire affected communities.</p>	<p>https://www.lifeinmindaustralia.com.au/communities/support-for-those-impacted-by-adverse-events</p>
<p>Open Arms</p> <p>Australia's leading provider of high quality mental health assessment, clinical counselling and support services for Australian veterans and their families.</p>	<p>http://www.openarms.gov.au/about/news/2020/bushfires-resilience-and-recovery</p>
<p>ParentLine</p> <p>Tips and information to help families with children cope with a crisis or disaster.</p>	<p>https://parentline.com.au/kids/issues/coping-crisis-or-disaster</p>
<p>Phoenix Australia Centre for Posttraumatic Mental Health</p> <p>Resources for health practitioners, first responders and the community to help people recover from traumatic events.</p>	<p>https://www.phoenixaustralia.org/recovery/helping-others/</p>
<p>ReachOut</p> <p>Get information on: managing your wellbeing, how to deal with the stress of natural disasters and helping teens deal with stress from a natural disaster.</p>	<p>https://au.reachout.com/articles/how-to-deal-with-the-stress-of-bushfires-floods-earthquakes-and-cyclones</p>
<p>ReachOut Digital Drought Care Package</p> <p>Practical tips, personal stories and links to drought support services to help young people and their parents or carers, deal with the stress from the drought.</p>	<p>http://reachout.com/drought</p>
<p>Superfriend</p> <p>Bushfire support resources and information on supporting colleagues through loss and hard times.</p>	<p>https://www.superfriend.com.au/bushfire-crisis-support/</p>

ANXIETY	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
BITE BACK Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. http://www.biteback.org.au	•			•
The BRAVE Program Online program to help children and teenagers (3 -7yrs) overcome anxiety. Comprises of both youth and parent components. https://www.brave-online.com/	•			•
Centre for Clinical Interventions <i>'Anxiety'; 'Health Anxiety'; 'Panic'; 'Perfectionism'; 'Social Anxiety'; 'Worry and Rumination'</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself				•
Chilled Out Online An online treatment program for adolescents with anxiety and depression. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/chilled-out-online	•	•		
Cool Kids Online An online, structured, skills-based program that teaches children (7-12yrs) and their parents how to better manage anxiety. https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online	•	•		

ANXIETY	R	CT	HP	F
Cool Little Kids Online An online, structured, skills-based program that teaches children (3-6ys) and their parents how to better manage anxiety. https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordion/cool-little-kids-online	•	•		
eCentre Clinic The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. http://www.ecentreclinic.org/	•	•		•
E-Couch A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. http://www.ecouch.anu.edu.au/welcome	•			•
Mental Health Online <i>'Generalised Anxiety Disorder'; 'Made-4-Me, a tailored program'; 'Obsessive Compulsive Disorder'; 'Panic Disorder with or without Agoraphobia'; 'Post Traumatic Stress Disorder'; 'Social Anxiety'</i> Online programs for a range of issues, with self-guided or therapist support options. http://www.mentalhealthonline.org.au	•	•	•	•
MindSpot Clinic <i>'Mood mechanic'; 'OCD'; 'PTSD'; 'Indigenous wellbeing'; 'Wellbeing'; 'Wellbeing Plus'</i> Online courses to help adults learn how to manage symptoms of anxiety. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
MoodGYM A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety. http://www.moodgym.com.au	•		•	•

ANXIETY	R	CT	HP	F
myCompass An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. http://www.mycompass.org.au/	•			•
My Digital Health <i>'Life flex'; 'Life Flex tailored for LGBQ adults'; 'Life Flex 4 PTSD'; 'iChooseWell'; 'iMindTime'</i> A biopsychosocial web & mobile-based intervention program for anxiety and depression. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•
NewAccess Assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. http://www.beyondblue.org.au/get-support/newaccess	•	•		•
OCD & Anxiety Helpline A telephone helpline providing support, information and referral to people with anxiety disorders and their carers. http://www.arcvic.org.au/our-services/helpline 1300 269 438 OR (03) 9830 0533		•		•
OCD? Not Me! Online program including information, practical skills and support for young people (12-18yrs) with OCD. http://www.ocdnotme.com.au/	•			•
ReachOut Breathe An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with help from your mobile phone (iOS) or Apple Watch. http://www.au.reachout.com/tools-and-apps/reachout-breathe				•
ReachOut WorryTime An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them. http://itunes.apple.com/app/apple-store/id964311176?mt=8				•

ANXIETY	R	CT	HP	F
Sane Australia Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support. http://www.sane.org/ 1800 187 263	•			•
This Way Up <i>'Generalised Anxiety Disorder'; 'Mixed Depression & Anxiety'; 'OCD'; 'Panic'; 'Post-Traumatic Stress'; 'Social Anxiety'; 'Health Anxiety'; 'TeenSTRONG'; 'Mindfulness-Based CBT'; 'Intro to Mindfulness (free)'</i> Online and app CBT courses for anxiety and other issues. Self help and clinician assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ *All courses except 'Health Anxiety' and 'Mindfulness' are available for download on Apple and Android products.	•	•	•	

BIPOLAR DISORDER	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums					•			•
Centre for Clinical Interventions <i>‘Bipolar’</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself								•
Sane Australia Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support. http://www.sane.org/ 1800 187 263					•			•

DEPRESSION	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
BITE BACK Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. http://www.biteback.org.au	•			•
Centre for Clinical Interventions <i>'Depression'; 'Self-Compassion'; 'Self-Esteem'; 'Sleep'; 'Tolerating Distress'</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself				•
Chilled Out Online An online treatment program for adolescents with anxiety and depression. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/chilled-out-online	•	•		
eCentre Clinic The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. http://www.ecentreclinic.org/	•	•		•
E-Couch A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. http://www.ecouch.anu.edu.au/welcome	•			•

DEPRESSION	R	CT	HP	F
iBobbly A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older. https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app				•
Mental Health Online <i>'Depression'; 'Made-4-Me, a tailored program'</i> Online programs for a range of issues, with self-guided or therapist support options. http://www.mentalhealthonline.org.au	•	•	•	•
MindSpot Clinic <i>'Indigenous wellbeing'; 'Mood mechanic'; 'Wellbeing'; 'Wellbeing plus'</i> Online courses to help adults learn how to manage symptoms of depression. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
MoodGYM A free, interactive self help program for preventing and coping with depression and anxiety. Teaches self-help skills drawn from cognitive behaviour therapy. http://www.moodgym.anu.edu.au/welcome	•		•	•
myCompass An online self-help program for people with mild to moderate depression, anxiety and stress. http://www.mycompass.org.au	•			•
My Digital Health <i>'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'</i> A biopsychosocial web & mobile-based intervention program for anxiety and depression. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•

DEPRESSION	R	CT	HP	F
NewAccess <p>NewAccess provides assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. https://www.beyondblue.org.au/get-support/newaccess</p>	•	•		•
The Ripple Effect <p>An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide. http://www.therippleeffect.com.au/</p>	•			•
Sane Australia <p>Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support. http://www.sane.org/ 1800 187 263</p>	•			•
This Way Up <p>'Depression'; 'Depression (Chinese)'; 'Mixed Depression and Anxiety'; 'MUMentum Pregnancy'; 'MUMentum Postnatal'; 'TeenSTRONG'; 'Intro to Mindfulness (free)' <p>Online and app CBT courses for depression and issues. Self help and clinician assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ *All courses except 'Health Anxiety' and 'Mindfulness' are available for download on Apple and Android products.</p> </p>	•	•	•	
The Check-in app - Youth Beyond Blue <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends. http://www.youthbeyondblue.com/help-someone-you-know/thecheckin</p>				•

EATING DISORDERS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
The Butterfly Foundation Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. http://thebutterflyfoundation.org.au/ 1800 33 4673		•	•	•
Centre for Clinical Interventions <i>'Appearance Concerns'; 'Body Dysmorphia'; 'Disordered Eating'</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself				•
Eating Disorders Victoria Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services). https://www.eatingdisorders.org.au/ 1300 550 236		•		•
Inside Out Institute for Eating Disorders Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers. http://www.insideoutinstitute.org.au/			•	•

GRIEF AND LOSS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
E-Couch A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. http://www.ecouch.anu.edu.au/welcome	•			•
Griefline Provides phone and online counselling services to individuals and families who are experiencing loss and grief. http://www.griefline.org.au 1300 845 745		•		•
Guiding Light <i>'Bereavement support line'</i> 24 hour support line for individuals and families grieving the death of a child. http://rednosegriefandloss.com.au/support 1300 308 307				•
Sands Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death. http://www.sands.org.au/ 1300 072 637				•

PHYSICAL HEALTH PROBLEMS	R	CT	HP	F
Cancer Counselling Service (Cancer Council QLD) Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends). http://www.cancerqld.org.au/page/need_support/cancer_counselling_service 07 3634 5248 or 13 11 20	•	•	•	•
CanTeen Phone, online and email counselling and forums to help young people (12-25 yrs) cope with cancer. http://www.canteen.org.au/ 1800 855 932 support@canteen.org.au	•	•	•	•
Centre for Clinical Interventions <i>'Health Anxiety'; 'Sleep'</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself				•
eCentre Clinic The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. http://www.ecentreclinic.org/	•	•		•
Dementia Australia Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers. http://www.dementia.org.au/		•		•
Finding My Way An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer. http://www.findingmyway.org.au/	•			•
Livewire A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability. https://livewire.org.au/	•			•

PHYSICAL HEALTH PROBLEMS	R	CT	HP	F
MindSpot Clinic <i>'Chronic pain'</i> Online courses for pain and a range of issues. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
My Digital Health <i>'iSleepWell'</i> A biopsychosocial web & mobile-based intervention program for insomnia. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•
Recharge A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine. http://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8				•
Stay Strong Therapist-guided tablet app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems. http://itunes.apple.com/au/app/aimhi-stay-strong-app/id912289264?ls-l&mt=8 http://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en	•		•	•
This Way Up <i>'Health Anxiety'; 'Chronic pain'; 'Managing insomnia (free)'</i> App and online CBT courses for pain and other issues. Self help and clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/	•	•	•	

RELATIONSHIPS	R	CT	HP	F
1800RESPECT 24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence. http://www.1800respect.org.au/ 1800 737 732		•		•
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
Breakup Shakeup A behavioural activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup. https://apps.apple.com/au/app/breakup-shakeup/id1017200579				•
Changing for Good Telephone counselling and online support to help men stop using violence in their family and relationships. Men must have completed a behaviour change program in the previous 6 months. http://mensline.org.au/changingforgood/what-is-changing-for-good/	•	•		•
E-Couch A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. http://www.ecouch.anu.edu.au/welcome	•			•
Mensline Australia 24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling. http://www.mensline.org.au/ 1300 78 99 78		•		•
Men's Referral Service Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members). http://www.ntv.org.au 1300 766 491		•		•
Niggle An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health. http://www.kidshelpline.com.au/niggle	•			•

STRESS/ WELLBEING	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				R	CT	HP	F
Act-Belong-Commit An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life. http://www.actbelongcommit.org.au/								•
Baby Steps An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. http://www.babysteps.org.au/web/index	•							•
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•							•
BITE BACK Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. http://www.biteback.org.au	•							•
Centre for Clinical Interventions <i>'Anxiety'; 'Assertiveness'; 'Depression'; 'Perfectionism'; 'Procrastination'; 'Self Compassion'; 'Self Esteem'; 'Sleep'; 'Tolerating Distress'; 'Worry and Rumination'</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself								•
The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/	•							•
eCentre Clinic The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. http://www.ecentreclinic.org/	•	•						•

STRESS/WEELLBEING	R	CT	HP	F
Healthy Families Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing. https://healthyfamilies.beyondblue.org.au/		•		•
High Res An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back. https://www.openarms.gov.au/resources/apps-and-online-resources/high-res-app				•
iBobbly A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older. https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app				•
ifarmwell A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day. http://www.ifarmwell.com.au	•			•
Mental Health Online <i>'Made-4-Me, a tailored program'</i> Online programs for a range of issues, with self-guided or therapist support options. http://www.mentalhealthonline.org.au	•	•	•	•
Mind the Bump A mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. http://itunes.apple.com/au/app/mind-the-bump/id927712215?ls=1&mt=8 http://play.google.com/store/apps/details?id=au.org.mindthebump				•

STRESS/WELLBEING	R	CT	HP	F
Mindgauge An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle. https://apps.apple.com/au/app/mindgauge/id1091408335 https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&hl=en_AU				•
MindSpot Clinic <i>'Indigenous wellbeing'; 'Mood mechanic'; 'Wellbeing'; 'Wellbeing plus'</i> Online courses for a range of issues. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
MoodMission An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. http://www.moodmission.com/	•			•
MoodPrism An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health. http://www.moodprismapp.com/				•
myCompass An online self-help program for people with mild to moderate depression, anxiety and stress. http://www.mycompass.org.au	•			•
My Digital Health <i>'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'iChooseWell'; 'iMindTime'; 'iSleepWell'; 'Monitor Me'</i> A biopsychosocial web & mobile-based intervention program for a range of issues. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•

STRESS/WELLBEING	R	CT	HP	F
NewAccess <p>NewAccess provides assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. https://www.beyondblue.org.au/get-support/newaccess</p>	•	•		•
New Roots <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia. http://www.ssi.org.au/resources/new-roots</p>				•
Niggle <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health. http://www.kidshelpline.com.au/niggle</p>	•			•
ReachOut Breathe <p>An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch. http://www.au.reachout.com/tools-and-apps/reachout-breathe</p>				•
ReachOut Next Step <p>An online tool designed to make help seeking easier for 18-25 year olds, recommending relevant support options based on their symptoms. http://www.au.reachout.com/reachout-nextstep#nextstep</p>				•
ReachOut Orb <p>An interactive game for Year 9 and 10 students that uses virtual reality experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations. http://www.au.reachout.com/reachout-orb-game</p>	•			•
Recharge <p>A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine. http://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8</p>				•

STRESS/WEELLBEING	R	CT	HP	F
Smiling Mind A website and app teaching mindfulness meditation to young people (7-22yrs), and adults. http://www.smilingmind.com.au				•
Stay Strong Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems. http://itunes.apple.com/au/app/aimhi-stay-strong-app/id912289264?ls-l&mt=8 http://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en	•		•	•
This Way Up <i>'Mixed Depression and Anxiety'; 'Mindfulness-Based CBT'; 'Coping With Stress (free)'; 'Intro to Mindfulness (free)'; 'Student Wellbeing (free)'</i> App and online CBT courses for a range of issues. Self help and fee based clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/course/	•	•	•	
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/			•	•
WellMob A website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites. http://wellmob.org.au				•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Counselling Online An online text-based service where you can communicate with a professional counsellor about your own alcohol and drug use, or that of a loved one. Free and confidential, chat or email the counsellors 24/7. http://www.counsellingonline.org.au/ 1800 888 236	•	•		•
Gambling Help Online 24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelponline.org.au/ 1800 858 858		•		•
Gambling Help NSW 24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelp.nsw.gov.au 1800 858 858		•		•
iCanQuit A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese. http://www.icanquit.com.au/	•	•		•
My Digital Health 'BDZ digital health' A psycho-education web & mobile-based program to help reduce and gradually withdraw from benzodiazepine use. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
My QuitBuddy An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum. http://itunes.apple.com/au/app/quit-now-my-quitbuddy/id527485761?mt=8 http://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&hl=en				•
National Alcohol and Other Drug Hotline Connect to Alcohol and Drug Information service operating in your state/area. Phone: 1800 250 015		•		•
Parenting Strategies: Preventing Adolescent Alcohol Misuse Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/guidelines_introduction/	•			•
QuitCoach An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy. http://www.quitcoach.org.au	•			•
Quit for you - Quit for two An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking. http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042 http://play.google.com/store/apps/details?id=au.com.bcm.quitfortwo				•
QuitLine Telephone coaching for those wishing to quit smoking. Features a call-back service where users can book a time for Quit to call them (up to six call-backs offered). http://www.quit.org.au/ 13 78 48	•	•		•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
Ray's Night Out An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices. http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8				•
The Right Mix Self-help tools, strategies and motivational goals to help serving and ex-serving ADF members achieve a healthy balance between alcohol use, diet and exercise. The companion app helps track drinking and spending. http://www.therightmix.gov.au/				•
Say When A website providing information and brief intervention for alcohol. Registration mandatory only for personal Drinking Profile - all other tools do not require registration. http://mapi.betterhealth.vic.gov.au/saywhen	•			•
Stay Strong Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems. http://itunes.apple.com/au/app/aimhi-stay-strong-app/id912289264?ls-l&mt=8 http://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en	•		•	•
Touchbase A website providing information and resources on substance use, mental health and sexual health in the LGBTI community. https://touchbase.org.au/				•

SUICIDE PREVENTION	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
Beyond Blue Beyond Now An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis. http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&gclid=CLLLv9X7qM0CFYmCvQodW2lKow			•	•
iBobbly A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older. https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app				•
Kurdiji A app created by Australian indigenous elders designed to save young Indigenous lives. http://www.kurdijiapp.wordpress.com/				•
My Digital Health <i>'iConsiderLife'</i> A self-help, crisis and suicide prevention digital health program to help people currently experiencing distress or suicidal thoughts. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•
Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/				•
The Ripple Effect An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide. http://www.therippleeffect.com.au/	•			•

TRAUMA	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
Blue Knot Foundation Telephone and email counselling, information, referral service and resources with online fact sheets and downloadable videos. http://www.blueknot.org.au/ 1300 657 380 helpline@blueknot.org.au		•		•
Daisy App connecting Australian women to abuse services. http://www.1800respect.org.au/daisy/				•
Mental Health Online <i>'Post traumatic stress disorder'</i> Online programs for a range of issues, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au	•	•	•	•
MindSpot Clinic <i>'PTSD'</i> Online courses for PTSD. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
My Digital Health <i>'Life Flex 4 PTSD'</i> A self-help, crisis and suicide prevention digital health program to help people currently experiencing distress or suicidal thoughts. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•
Open Arms Australia's leading provider of high quality mental health assessment, clinical counselling and support services for Australian veterans and their families. http://www.openarms.gov.au/ 1800 011 046		•		•

TRAUMA	R	CT	HP	F
PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. http://itunes.apple.com/app/ptsd-coach-australia/id596597393?mt=8 http://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist				•
This Way Up <i>'Post traumatic stress disorder (PTSD)'</i> Online and app CBT courses for PTSD. Self help and fee based clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/	•	•	•	

CARERS SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•				
The Butterfly Foundation Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. http://thebutterflyfoundation.org.au/ 1800 33 4673		•	•	•				
Carer Gateway A national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services. http://www.carergateway.gov.au/ 1800 422 737		•		•				
Sane Australia Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support. http://www.sane.org/ 1800 187 263	•			•				

CHILD & YOUTH SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Autism Games Free, online games to assist children (5-15 yrs) with moderate to severe autism to develop independent living skills. http://www.autismgames.com.au/				•
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
BITE BACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 yrs) http://www.biteback.org.au/				•
The BRAVE Program Online program to help children and teenagers (3-17 yrs) overcome anxiety. Comprises both youth and parent components. http://www.brave4you.psy.uq.edu.au/	•			•
Breakup Shakeup A behavioural activation app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup. http://itunes.apple.com/au/app/breakup-shakeup/id1017200579				•
The Butterfly Foundation Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. http://thebutterflyfoundation.org.au/ 1800 33 4673		•	•	•
CanTeen Phone, online and email counselling and forums to help young people (12-25 yrs) cope with cancer. http://www.canteen.org.au/ 1800 855 932 support@canteen.org.au	•	•	•	•

CHILD & YOUTH SERVICES	R	CT	HP	F
Chilled Out Online An online treatment program for adolescents with anxiety and depression. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/chilled-out-online	•	•		
Cool Kids Online An online, structured, skills-based program that teaches children (7-12yrs) and their parents how to better manage anxiety. https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online	•	•		
Cool Little Kids Online An online, structured, skills-based program that teaches children (3-6yrs) and their parents how to better manage anxiety. https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-little-kids-online	•	•		
The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/	•			•
eheadspace Internet chat, email or phone support for young people (12-25 yrs) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat). http://www.eheadspace.org.au/ 1800 650 890	•	•		•
Kids Helpline 24hr phone and real time web-based crisis support for youth (5-25 yrs). http://www.kidshelp.com.au/ 1800 55 1800		•		•

CHILD & YOUTH SERVICES	R	CT	HP	F
Livewire A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability. https://livewire.org.au/	•			•
MindSpot Clinic <i>'Mood mechanic course'</i> Online courses to help young adults aged 18 to 25 learn to manage symptoms of depression and anxiety. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/	•	•		•
Niggle An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health. http://www.kidshelpline.com.au/niggle	•			•
OCD? Not Me! Online program including information, practical skills and support for young people (12-18yrs) with OCD. http://www.ocdnotme.com.au/	•			•
Ray's Night Out An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices. http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8				•
ReachOut Next Step An online tool designed to make help seeking easier for 18-25 year olds, by recommending relevant support options based on their symptoms. http://www.au.reachout.com/reachout-nextstep#nextstep				•
ReachOut Orb An interactive game for Year 9 and 10 students that uses visual experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations. http://www.au.reachout.com/reachout-orb-game	•			•

CHILD & YOUTH SERVICES	R	CT	HP	F
Recharge A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine. http://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8				•
Smiling Mind A website and app teaching Mindfulness Meditation to young people (7-22 yrs) and adults. http://www.smilingmind.com.au/				•
This Way Up ‘TeenSTRONG’ Online and app CBT course for young people aged 12 -17, that helps equip them with proven and effective topics to manage worry and sadness. http://www.thiswayup.org.au/how-we-can-help/courses/	•	•	•	
The Check-in app - Youth Beyond Blue Free app helping people check-in with friends and family and coaching youth through how they might support their friends. http://www.youthbeyondblue.com/help-someone-you-know/thecheckin				•

E-Mental Health Resources by Specialist Target Group

INDIGENOUS & OTHER CULTURAL SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
eCentre Clinic The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. http://www.ecentreclinic.org/	•	•		•
iBobbly A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older. https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app				•
iCanQuit A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese. http://www.icanquit.com.au/	•	•		•
Kurdiji A app being created by Australian indigenous elders designed to save young indigenous lives. http://www.kurdijiapp.wordpress.com/				•
MindSpot Clinic <i>'Indigenous wellbeing'</i> Online courses for indigenous wellbeing. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•

INDIGENOUS & OTHER CULTURAL SERVICES	R	CT	HP	F
New Roots An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia. http://www.ssi.org.au/resources/new-roots				•
NPY Women's Council Ngangkari Resources Access some brief videos and resources on Indigenous mental health. https://www.npywc.org.au/what-we-do/ngangkari-traditional-healers/				•
Stay Strong Therapist-guided tablet app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems. http://itunes.apple.com/au/app/aimhi-stay-strong-app/id912289264?ls=I&mt=8 http://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en	•		•	•
This Way Up 'Depression (Chinese)' Online and app CBT courses for depression and anxiety. Self help and fee based clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/	•	•	•	
WellMob A website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites. http://wellmob.org.au				•

LGBTI SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
ACON ACON helps support the physical, social and mental health of LGBTI people. Their website includes a range of helpful information, tip sheets and guides. https://www.acon.org.au				•
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
My Digital Health <i>'Life flex tailored for LGBTQ adults'</i> A biopsychosocial web & mobile-based intervention program for anxiety and depression. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•
QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527		•		•
ReachOut Up-to-date information and articles for youth on a range of topics, including relationships and sexuality, and identify and gender. Also includes professionally moderated anonymous discussion forums. https://au.reachout.com/				•
Touchbase A website providing information and resources on substance use, mental health and sexual health in the LGBTI community. https://touchbase.org.au/				•

OLDER ADULTS SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				R	CT	HP	F
Alzheimer's Australia Dementia Support Online and videoconference counselling, an online forum, and information about dementia. http://www.helpwithdementia.org.au/					•	•		•
Beyond Blue Up-to-date information and resources for depression in older adults. http://www.beyondblue.org.au/who-does-it-affect/older-people								•
Dementia Australia Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers. http://www.dementia.org.au/						•		•
MindSpot Clinic 'Wellbeing plus' Online course which helps adults aged 60 years and older learn to manage symptoms of depression and anxiety. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34					•	•		•
SANE An online information guide for aging well. https://www.sane.org/information-stories/facts-and-guides/ageing-well#guide								•

PREGNANCY & PARENTING SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				R	CT	HP	F
Baby Steps An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. http://www.babysteps.org.au/web/index	•							•
The BRAVE Program (parent component) Online program to help children and teenagers (3 to 17) overcome anxiety. Comprises both youth and parent components. https://www.brave-online.com/	•							•
Healthy Families Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing. https://healthyfamilies.beyondblue.org.au/		•						•
Mind the Bump A mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. http://itunes.apple.com/au/app/mind-the-bump/id927712215?mt=8 http://play.google.com/store/apps/details?id=au.org.mindthebump								•
MindMum Information, tips, monitoring and planning app to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face. http://itunes.apple.com/us/app/mindmum/id1249897367?mt=8								•
MumSpace An information one-stop site supporting the mental health and emotional wellbeing of pregnant women, new mums and their families. http://www.mumspace.com.au/								•

PREGNANCY & PARENTING SERVICES	R	CT	HP	F
PANDA Provides resources and information for new and expecting mums and dads affected by anxiety and depression, as well as their partners or carers. Provides information for maternal health professionals and family service providers. http://www.panda.org.au/ 1300 726 309		•	•	•
Parent Line Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories. QLD & NT: http://www.parentline.com.au/ 1300 30 1300 NSW: http://www.parentline.org.au/ 1300 1300 52 VIC: http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx 13 22 89 SA: http://www.parenting.sa.gov.au 1300 364 100 WA: (08) 6279 1200 or 1800 654 432 ACT: http://www.parentlineact.org.au (02) 6287 3833 TAS: 1300 808 178		•		•
Parenting Strategies: Preventing Adolescent Alcohol Misuse Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/guidelines_introduction/	•			•
Parent Works Online program for Australian parents and caregivers providing evidence-based parenting strategies. http://www.parentworks.org.au/#/	•			•
Pregnancy, Birth and Baby 24hr phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year. http://www.pregnancybirthbaby.org.au/ 1800 882 436		•		•

PREGNANCY & PARENTING SERVICES	R	CT	HP	F
Quit for you - Quit for two An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking. http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042 http://play.google.com/store/apps/details?id=au.com.bcm.quitfortwo				•
Reach Out Parent Coaching Phone and online coaching for parents to help them build a strong relationship with their teenager (12-18yrs). http://parents.au.reachout.com/coaching-eligibility	•			•
Sands Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death. http://www.sands.org.au/ 1300 072 637				•
This Way Up <i>'MUMentum Postnatal'; 'MUMentum Pregnancy'</i> App and online CBT courses for parenting and other issues. Self help and fee based clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/	•	•	•	
Triple P Online Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD. http://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/	•			•
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/			•	•

VETERAN SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Defence Community Organisation DCO offers a range of programs and services to help families with the challenges and opportunities of military life. http://www.defence.gov.au/dco/				•
Defence Family Helpline Email and helpline providing support, information and connection with your community, including your local DCO team. http://www.defence.gov.au/DCO/Defence-Helpline.asp 1800 624 608		•		•
High Res An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back. http://www.at-ease.dva.gov.au/highres/ http://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8 http://play.google.com/store/apps/details?id=com.gov.dva				•
Open Arms Australia's leading provider of high quality mental health assessment, clinical counselling and support services for Australian veterans and their families. http://www.openarms.gov.au/ 1800 011 046		•		•
Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/				•
PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. http://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8 http://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist				•

VETERAN SERVICES	R	CT	HP	F
<p>The Right Mix</p> <p>Self-help tools, strategies and motivational goals to help serving and ex-serving ADF members achieve a healthy balance between alcohol use, diet and exercise. The companion app helps track drinking and spending.</p> <p>http://www.therightmix.gov.au/</p>				<ul style="list-style-type: none">

APPS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Beyond Blue Beyond Now An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis. http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&gclid=CLLLy9X7qM0CFYmCvQodW2IKow			•	•
Breakup Shakeup A behavioural activation app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup. http://itunes.apple.com/au/app/breakup-shakeup/id1017200579				•
Daisy App connecting Australian women to abuse services. http://www.1800respect.org.au/daisy/				•
High Res An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back. http://www.at-ease.dva.gov.au/highres/				•
iBobbly A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older. https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/ibobbly-app				•
Kurdiji A app being created by Australian indigenous elders designed to save young indigenous lives. http://www.kurdijiapp.wordpress.com/				•

APPS	R	CT	HP	F
Mind the Bump A mindfulness Meditation App to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. http://itunes.apple.com/au/app/mind-the-bump/id927712215?ls=1&mt=8 http://play.google.com/store/apps/details?id=au.org.mindthebump				•
Mindgauge An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle. https://apps.apple.com/au/app/mindgauge/id1091408335 https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgauge2&hl=en_AU				•
MindMum Information, tips, monitoring and planning app to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face. http://itunes.apple.com/au/app/mindmum/id1249897367?mt=8 http://play.google.com/store/apps/details?id=com.mindmum&hl=en_AU				•
MoodMission An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. http://www.moodmission.com/	•			•
MoodPrism An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health. http://www.moodprismapp.com/				•
My QuitBuddy An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum. http://itunes.apple.com/au/app/quit-now-my-quitbuddy/id527485761?mt=8 http://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&hl=en				•

APPS	R	CT	HP	F
New Roots An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia. http://www.ssi.org.au/resources/new-roots				•
Niggle An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health. http://www.kidshelpline.com.au/niggle	•			•
Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/				•
PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. http://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8 http://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist				•
Quit for you - Quit for two An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking. http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042 http://play.google.com/store/apps/details?id=au.com.bcm.quitfortwo				•
Ray's Night Out An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices. http://itunes.apple.com/au/app/rays-night-out/id978589597?mt=8				•

APPS	R	CT	HP	F
ReachOut Breathe An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or apple watch. http://www.au.reachout.com/tools-and-apps/reachout-breathe				•
ReachOut Orb An interactive game for Year 9 and 10 students that uses virtual experiences to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations. http://www.au.reachout.com/reachout-orb-game	•			•
ReachOut WorryTime An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them. https://au.reachout.com/tools-and-apps/reachout-worrytime				•
Recharge An six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine. http://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8				•
Smiling Mind A website and app teaching mindfulness meditation to young people (7-22 yrs) and adults. http://www.smilingmind.com.au/				•
Stay Strong Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems. http://itunes.apple.com/au/app/aimhi-stay-strong-app/id9122289264?ls=1&mt=8 http://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en	•		•	

APPS	R	CT	HP	F
What Were We Thinking An interactive online program and app for first-time parents. http://whatwerewethinking.org.au/ http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&mt=8			•	•
The Check-in app - Youth Beyond Blue Free app helping people check-in with friends and family and coaching youth through how they might support their friends. http://www.youthbeyondblue.com/help-someone-you-know/thecheckin				•

ONLINE PEER SUPPORT (MODERATED)	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Alzheimer's Australia Dementia Support Online and video conference counselling, an online forum, and information about dementia. http://helpwithdementia.org.au/	•	•		•
Beyond Blue Online Forum Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. http://www.beyondblue.org.au/get-support/online-forums	•			•
The Butterfly Foundation Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. http://thebutterflyfoundation.org.au/ 1800 33 4673		•	•	•
CanTeen Phone, online and email counselling and forums to help young people (12-25 yrs) cope with cancer. http://www.canteen.org.au/ 1800 855 932 support@canteen.org.au	•	•	•	•
The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au	•			•
Healthy Families Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing. http://healthyfamilies.beyondblue.org.au/		•		•
iCanQuit A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese. http://www.icanquit.com.au/	•	•		•

ONLINE PEER SUPPORT (MODERATED)	R	CT	HP	F
Livewire A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability. https://livewire.org.au/	•			•
Mensline Australia 24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling. http://www.mensline.org.au/ 1300 78 99 78		•		•
My QuitBuddy An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum. http://itunes.apple.com/au/app/quit-now-my-quitbuddy/id527485761?mt=8 http://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&hl=en				•
Parent Works Online program for Australian parents and caregivers providing evidence-based parenting strategies. http://parentworks.org.au/#/	•			•
ReachOut Up-to-date information and articles for youth on a range of topics. Also includes professionally moderated anonymous discussion forums. https://au.reachout.com/	•			•
Sane Australia Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support. http://www.sane.org/ 1800 187 263	•			•
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/			•	•

E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS: SELF DIRECTED	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Act-Belong-Commit An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose on their life. http://www.actbelongcommit.org.au/				•
Autism Games Free, online games to assist children (5-15yrs) with moderate to severe autism to develop independent living skills. http://www.autismgames.com.au/				•
Baby Steps An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. http://www.babysteps.org.au/web/index	•			•
Beyond Blue Beyond Now An app and online resource that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis. http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&gclid=CLLLv9X7gM0CFYmCvQodW2IKow			•	•
BITE BACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs). http://www.biteback.org.au/				•
The BRAVE program Online program to help children and teenagers (8-17yrs) overcome anxiety. Comprises both youth and parent components. https://www.brave-online.com/	•			•
Centre for Clinical Interventions <i>'Anxiety'; 'Assertiveness'; 'Appearance Concerns'; 'Bipolar'; 'Body Dysmorphia'; 'Depression'; 'Disordered Eating'; 'Health Anxiety'; 'Panic'; 'Perfectionism'; 'Procrastination'; 'Self-Compassion'; 'Self-Esteem'; 'Sleep'; 'Social Anxiety'; 'Tolerating Distress'; 'Worry and Rumination'</i> Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/consumers.cfm				•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
Defence Community Organisation DCO offers a range of programs and services to help families with the challenges and opportunities of military life. http://www.defence.gov.au/dco/				•
The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/	•			•
eCentre Clinic The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. http://www.ecentreclinic.org/	•	•		•
E-Couch A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. http://www.ecouch.anu.edu.au/welcome	•			•
Finding My Way An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer. http://www.findingmyway.org.au	•			•
Healthy Mind An online Easy Read tool by Black Dog Institute designed to help people with intellectual disability to recognise and regulate their thoughts and feelings. http://healthymind.org.au/index.aspx#				•
High Res An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back. https://highres.dva.gov.au/highres/#!/home				•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
iCanQuit A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese. http://www.icanquit.com.au/	•	•		•
ifarmwell A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day. http://www.ifarmwell.com.au	•			•
Inside Out Institute for Eating Disorders Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers. http://www.insideoutinstitute.org.au/			•	•
MoodGYM A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety. http://www.moodgym.anu.edu.au/welcome	•		•	•
myCompass An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. http://www.mycompass.org.au/	•			•
My Digital Health <i>'BDZ digital health'; 'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBTQ adults'; 'Life FLex 4 PTSD'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'; 'Monitor Me'</i> Web and mobile psychoeducation programs for a range of issues. http://www.mydigitalhealth.org.au *Please be aware that the My Digital Health programs are currently research trials.	•		•	•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
OCD? Not Me! Online program including information, practical skills and support for young people (12-18yrs) with OCD. http://www.ocdnotme.com.au/	•			•
Parenting Strategies: Preventing Adolescent Alcohol Misuse Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/guidelines_introduction/	•			•
QuitCoach An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy. http://www.quitcoach.org.au	•			•
ReachOut Next Step An online tool designed to make help seeking easier for 18-25 year olds by recommending relevant support based on their symptoms. http://www.au.reachout.com/reachout-nextstep#nextstep				•
ReachOut Orb An interactive game for Year 9 and 10 students that uses virtual experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situation. http://www.au.reachout.com/reachout-orb-game	•			•
The Right Mix Self-help tools, strategies and motivational goals to help serving and ex-serving ADF members achieve a healthy balance between alcohol use, diet and exercise. The companion app helps track drinking and spending. http://www.therightmix.gov.au/				•
The Ripple Effect An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide. http://www.therippleeffect.com.au/	•			•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
Say When A website providing information and brief intervention for alcohol. Registration mandatory only for personal Drinking Profile - all other tools do not require registration. http://mapi.betterhealth.vic.gov.au/saywhen	•			•
Triple P Online Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD. http://www.triplep-parenting.net.au/qld-ukn/get-help/triple-p-online/	•			•
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/			•	•

ONLINE PROGRAMS: THERAPIST/ COACH ASSISTED	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
Chilled Out Online An online treatment program for adolescents with anxiety and depression. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/	•	•		
Cool Kids Online An online, structured, skills-based program that teaches children (7-12yrs) and their parents how to better manage anxiety. https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online	•	•		
Cool Little Kids Online An online, structured, skills-based program that teaches children (3-6yrs) and their parents how to better manage anxiety. https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-little-kids-online	•	•		
Counselling Online Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules are also available. Registration is only mandatory for self-help modules or to create an optional profile for future counselling sessions. http://www.counsellingonline.org.au/ 1800 888 236	•	•		•
Mental Health Online <i>'Depression'; 'Generalised anxiety disorder'; 'Made-4-Me, a tailored program'; 'Obsessive compulsive disorder'; 'Panic disorder with or without agoraphobia'; 'Post traumatic stress disorder'; 'Social anxiety disorder'</i> Online programs for a range of issues, with self-guided or therapist support options. http://www.mentalhealthonline.org.au/	•	•	•	•

ONLINE PROGRAMS: THERAPIST/COACH ASSISTED	R	CT	HP	F
MindSpot Clinic <i>'Chronic pain'; 'Indigenous wellbeing'; 'Mood mechanic'; OCD'; 'PTSD'; 'Wellbeing'; 'Wellbeing plus'</i> Online courses for a range of issues. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
NewAccess NewAccess provides assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. https://www.beyondblue.org.au/get-support/newaccess	•	•		•
This Way Up <i>'Depression'; 'Depression (Chinese)'; 'Generalized Anxiety Disorder'; 'Mixed Depression and Anxiety'; 'OCD'; 'Panic'; 'Social Anxiety'; 'Post-Traumatic Stress'; 'Health Anxiety'; 'TeenSTRONG'; 'MUMentum Pregnancy'; 'MUMentum Postnatal'; 'Mindfulness-Based CBT'; 'Chronic Pain'; 'Coping With Stress' (free); 'Intro to Mindfulness' (free); 'Managing Insomnia' (free); 'Student Wellbeing' (free)</i> App and online CBT course for a range of different issues. Self help and clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ *Most courses are also available for download on Apple and Android products.	•	•	•	

E-Mental Health Resources by Delivery Mode

TELEPHONE & ONLINE COUNSELLING	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
1800RESPECT 24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence. http://www.1800respect.org.au/ 1800 737 732		•		•
Alzheimer's Australia Dementia Support Online and video conference counselling, an online forum, and information about dementia. http://www.helpwithdementia.org.au/	•	•		•
Beyond Blue Support Service 24hr telephone, online and email counselling for people going through a tough time. http://www.beyondblue.org.au/get-support/get-immediate-support 1300 22 4636		•		•
Blue Knot Foundation Telephone and email counselling, information, referral service and resources with online fact sheets and downloadable videos. http://www.blueknot.org.au/ 1300 657 380 helpline@blueknot.org.au		•		•
The Butterfly Foundation Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. http://thebutterflyfoundation.org.au/ 1800 33 4673		•	•	•
Cancer Counselling Service (Cancer Council QLD) Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends). http://www.cancerqld.org.au/page/need_support/cancer_counselling_services 07 3634 5248	•	•	•	•
CanTeen Phone, online and email counselling and forums to help young people (12-25 yrs) cope with cancer. http://www.canteen.org.au/ 1800 855 932 support@canteen.org.au	•	•	•	•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
Carer Gateway A national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services. http://www.carergateway.gov.au/ 1800 422 737		•		•
Changing for Good Telephone counselling and online support to help men stop using violence in their family and relationships. Men must have completed a behaviour change program in the previous 6 months. http://mensline.org.au/changingforgood/what-is-changing-for-good/ 1300 015 120	•	•		•
Counselling Online Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules or create an optional profile for future counselling sessions. http://www.counsellingonline.org.au/ 1800 888 236	•	•		•
Defence Family Helpline Email and helpline providing support, information and connection with your community, including your local DCO team. http://www.defence.gov.au/DCO/Defence-Helpline.asp 1800 624 608		•		•
Dementia Australia Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers. http://www.dementia.org.au/		•		•
Eating Disorders Victoria Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services). http://www.eatingdisorders.org.au/online-services 1300 550 236		•		•
eheadspace Internet chat, email or phone support for young people (12-25 yrs) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat). http://www.eheadspace.org.au/ 1800 650 890	•	•		•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
FriendLine A national support line "ready for a cuppa and a conversation" with trained volunteers. http://www.friendline.org.au 1800 424 287				•
Gambling Help Online 24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelponline.org.au/ 1800 858 858		•		•
Gambling Help NSW 24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelp.nsw.gov.au 1800 858 858		•		•
Griefline Provides phone and online counselling services to individuals and families who are experiencing loss and grief. http://www.griefline.org.au 1300 845 745		•		•
Guiding Light <i>'Bereavement support line'</i> 24 hour support line for individuals and families grieving the death of a child. http://rednosegriefandloss.com.au/support 1300 072 637				•
Kids Helpline 24hr phone and real time web-based crisis support for youth (5-25yrs). http://www.kidshelp.com.au/ 1800 55 1800		•		•
Lifeline Crisis Support 24hr phone and real time online crisis support. http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat 13 11 14		•		•
Mensline Australia 24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling. http://www.mensline.org.au/ 1300 78 99 78		•		•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
Men's Referral Service Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members). https://www.ntv.org.au 1300 766 491		•		•
National Alcohol and Other Drug Hotline Connect to alcohol and drug Information service operating in your state/area. Phone: 1800 250 015		•		•
NewAccess NewAccess provides assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. https://www.beyondblue.org.au/get-support/newaccess	•	•		•
OCD & Anxiety Helpline A telephone helpline providing support, information and referral to people with anxiety disorders and their carers. http://www.arcvic.org.au/our-services/helpline 1300 269 438 OR (03) 9830 0533		•		•
Open Arms Australia's leading provider of high quality mental health assessment, clinical counselling and support services for Australian veterans and their families. http://www.openarms.gov.au/ 1800 011 046		•		•
PANDA Provides resources and information for new and expecting parents affected by anxiety and depression, as well as their partners or carers. Provides information for maternal health professionals and family service providers. http://www.panda.org.au/ 1300 726 309		•	•	•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
Parent Line Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories. QLD & NT: http://www.parentline.com.au/ 1300 30 1300 NSW: http://www.parentline.org.au/ 1300 1300 52 VIC: http://www.education.vic.gov.au/about/contract/Pages/parentline.aspx 13 22 89 SA: http://www.parenting.sa.gov.au 1300 364 100 WA: (08) 6279 1200 or 1800 654 432 ACT: http://www.parentlineact.org.au (02) 6287 3833 TAS: 1300 808 178				
Pregnancy, Birth and Baby 24hr phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year. http://www.pregnancybirthbaby.org.au/ 1800 882 436		•		•
QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527		•		•
QuitLine Telephone coaching for those wishing to quit smoking. Also includes a call-back service where users can book a time for Quit to call them (up to six call-backs offered). http://www.quit.org.au/ 13 7848	•	•		•
Samaritans Crisis Line 24hr anonymous, non-judgemental, non-religious emotional support and counselling over the phone. http://www.thesamaritans.org.au/ 13 52 47		•		•
Sands Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death. http://www.sands.org.au/ 1300 072 637				•
Suicide Call Back Service 24hr phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling. http://www.suicidecallbackservice.org.au/ 1300 659 467	•	•		•

INFORMATION SITES*	
<p>*Some of these sites have specific courses that are already listed in this guide, however these sites are also included here as they provide helpful general mental health information</p>	
ACON ACON helps support the physical, social and mental health of LGBTI people. Their website includes a range of helpful information, tipsheets and guides.	www.acon.org.au
Beyond Blue Get information on: anxiety, depression, suicide prevention, supporting someone, parenting, grief and loss, substance use, and staying well.	www.beyondblue.org.au/
Black Dog Institute Get information on: anxiety, depression, bipolar disorder, suicide, PTSD, and wellness.	www.blackdoginstitute.org.au/
The Butterfly Foundation Get information on: eating disorders.	http://www.thebutterflyfoundation.org.au/national-edhope-line/
Carer Gateway Get information on: caring for someone and wellness.	www.carergateway.gov.au/
Centre for Clinical Interventions Get information on: anxiety, bipolar disorder, depression, eating disorders, physical health problems and stress/wellbeing.	www.cci.health.wa.gov.au
Dementia Australia Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.	http://www.dementia.org.au/
Eating Disorders Victoria Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).	http://www.eatingdisorders.org.au/online-services
Fighting Fit Get information on: ADF health and rehabilitation, physical health problems, and other veteran services.	www.defence.gov.au/Health/HealthPortal/
Gambling Help NSW Telephone, online and email counselling, support and information for identifying and dealing with problem gambling.	http://www.gamblinghelp.nsw.gov.au

INFORMATION SITES*	
Griefline Provides phone and online counselling services to individuals and families who are experiencing loss and grief.	http://www.griefline.org.au
Guiding Light Get information on: parenting, grief and loss.	www.rednosegriefandloss.com.au/
Headspace Get information on: health and wellbeing, substance use and addictive behaviours, depression, eating disorders, PTSD, anxiety, bipolar disorder, stress, and psychosis.	www.headspace.org.au/
Heads Up Get information on: stress/wellbeing, anxiety, depression, suicide prevention, and other mental health issues.	https://www.headsup.org.au/your-mental-health
Healthy Families Get information on: parenting, relationships, stress/wellbeing and other mental health issues.	https://healthyfamilies.beyondblue.org.au/
Inside Out Institute for Eating Disorders Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers.	http://www.insideoutinstitute.org.au/
Kids Helpline 24hr phone and real time web-based crisis support for youth (5-25yrs), as well as a range of evidence-based information sheets and articles for issues relevant to youth.	http://www.kidshelp.com.au/
Mental Health Online Get information on: anxiety, depression, OCD, and PTSD.	www.mentalhealthonline.org.au
MumSpace Get information on: parenting, anxiety, depression, and stress/wellbeing.	www.mumspace.com.au/
My Digital Health Get information on: stress/wellbeing, eating disorders, anxiety, bipolar disorder, substance use and addictive behaviours, physical health problems, depression, PTSD, and OCD.	www.mydigitalhealth.org.au
NACCHO Aboriginal Health Get information on: Indigenous mental health.	www.naccho.org.au

INFORMATION SITES*	
NPY Women's Council Ngangkari Resources Access some brief videos and resources on Indigenous mental health.	https://www.npywc.org.au/what-we-do/ngangkari-traditional-healers/
Phoenix Australia Centre for Posttraumatic Mental Health A not-for-profit organisation promoting recovery, improved wellbeing and quality of life for Australians affected by trauma.	http://www.phoenixaustralia.org
Positive Choices Get information on: substance use and addictive behaviours.	www.positivechoices.org.au
Reach Out Get information on: stress/wellbeing, relationships, identity and gender; anxiety, bipolar disorder, depression, eating disorders, personality disorders, psychotic disorders, and trauma.	www.au.reachout.com
R U OK? Get information on: suicide prevention.	www.ruok.org.au
Sane Australia Get information on: anxiety, bipolar disorder, personality disorders, depression, eating disorders, OCD, PTSD, psychosis, schizophrenia, trauma, physical health problems, grief and loss, suicide prevention, substance use and addictive behaviours, and stress/wellbeing.	www.sane.org
THIS WAY UP Get information on: anxiety, trauma, OCD, depression, and stress/wellbeing.	www.thiswayup.org.au
Touchbase A website providing information and resources on substance use, mental health and sexual health in the LGBTI community.	https://touchbase.org.au
Youth Beyond Blue Get information on: anxiety, depression, suicide prevention, parenting, grief and loss, physical health problems, relationships, substance use and addictive behaviours, eating disorders and LGBTI issues.	www.youthbeyondblue.com
WellMob Website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.	http://wellmob.org.au

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eMHprac

E-MENTAL HEALTH IN PRACTICE

www.emhprac.org.au

eMHPrac is funded by the Australian Government

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

- Queensland University of Technology
- Black Dog Institute
- Menzies School of Health Research
- University Centre for Rural Health (North Coast),
The University of Sydney

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it.

The services and resources listed in this guide are not exhaustive and represent primarily Australian products.