



A Guide to Digital Mental Health Resources

March 2019

www.emhprac.org.au

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Digital Mental Health

Many people with mental health problems can find online interventions helpful. These programs can be as effective as face-to-face treatment particularly if there is additional practitioner support (Griffith et al., 2010; Andersson & Hedman, 2013; Andrews et al., 2010; Andersson et al., 2014).

Digital Mental Health (e-mental health) comprises services, programs or applications, 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. eMHPrac provide free training and support in its use to GPs, Allied Health Professionals and service providers working with Aboriginal and Torres Strait Islander people.

The eMHPrac Resource Guide for Practitioners

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 March 2019

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 programs.¹ Internet treatment programs, online information, phone and web-based support provide improved access to low-intensity treatment options for people experiencing mild-moderate mental health conditions.^{2,3}

Many reputable Australian institutions and organisations provide useful online mental health treatment programs and information.¹ The expansion of online mental health resources has broadened the range of programs available to include different mental health conditions and specific and general populations.¹

Evidence shows that for many people digital based mental health treatment can be as effective as face to face treatment.^{4,5} There is also increasing research of the effectiveness of internet based cognitive behavioural therapy showing equivalence in treatment for panic disorder, social anxiety disorder, generalized anxiety disorder, post-traumatic stress disorder, depression, tinnitus and irritable bowel syndrome.⁶

References

1. Orman, J. & O'Dea, B. (2018). e-Therapy in primary care mental health, Australian Journal of General Practitioners, VOL. 47, NO. 4 168-172. Royal Australian College of General Practitioners.
2. Australian Institute of Health and Welfare. Mental health services in Australia. Canberra, ACT: AIHW, updated 12 December 2017. Available at <https://mhsa.aihw.gov.au/background> [Accessed 22 January 2018].
3. Australian Bureau of Statistics. National survey of mental health and wellbeing: Summary of results, 2007. Cat. no. 4326.0. Canberra: ABS, 2008. Available at www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4326.0Main%20Features32007 [Accessed 22 January 2018].
4. Andersson, G. & Hedman, E. (2013) Effectiveness of Guided Internet-Based Cognitive Behavior Therapy in Regular Clinical Settings. *Verhaltenstherapie*. 23:140-148.
5. Titov N. Computer therapy for anxiety and depressive disorders is effective, acceptable and practical health care: A meta-analysis. *PLoS One* 2010;5(10):e13196. doi: 10.1371/journal.pone.0013196.
6. Andersson, G. & Cuijpers, P. (2009). Internet-Based and Other Computerized Psychological Treatments for Adult Depression: A Meta-Analysis, *Cognitive Behaviour Therapy*, 38:4, 196-205, DOI: 10.1080/16506070903318960

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?

Australia is at the forefront of digital mental health (dMH). 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

For updated information on eMHPrac online training modules, webinars, videos, fact sheets and other resources please visit:

The eMHPrac website
<http://www.emhprac.org.au>

Black Dog Institute eMHPrac Training website
<http://www.blackdoginstitute.org.au/education-training/health-professionals/emental-health-in-practice>

Webinars and online training for GP's and Allied Health.

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*

*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.

1800 RESPECT

Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.

<http://www.1800respect.org.au/>
 1800 737 732 (Phone and online: 24 hours)
 Interpreter: 13 14 50 (auslan for hearing and speech impairments)

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
 (Phone: 24 hours) (Online counselling: 3pm - 12am/7 days AEST)

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>

Kids Helpline

Phone and real time web-based crisis support.

<http://www.kidshelpline.org.au/>
 1800 55 1800 (Phone: 24 hours) (Online crisis support: 7pm - 12am/7 days AEST)

Lifeline Crisis Support

Phone and real time online crisis support.

<http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>
 13 11 14 (Phone: 24 hours) (Online crisis chat: 7pm - 12am/7 days AEST)

Mensline

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 (Phone and online: 24 hours)

Samaritans Crisis Line

Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.

<http://www.thesamaritans.org.au/>
 135 247 (24 hours)

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 (Phone and online: 24 hours)

ANXIETY	R	CT	HP	F
Beyond Blue <i>'Anxiety'; 'Long term support over the journey'; 'Sexuality and gender identity'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
BITEBACK 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 to 17) overcome anxiety. Comprises of both youth and parent components. http://www.brave4you.psy.uq.edu.au/	•			•
Centre for Clinical Interventions <i>'Looking after yourself'; 'Mood management'; '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 (aged 7 - 12) and their parents how to better manage anxiety. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers	•	•		

ANXIETY	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
Cool Little Kids Online An online, structured, skills-based program that teaches children (aged 3 - 6) and their parents how to better manage anxiety. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers	•	•		
eCentre Clinic <i>'Arabic wellbeing'; 'University wellbeing'</i> The eCentreClinic develops and tests free online treatment courses for people with depression, anxiety, and other health conditions including chronic pain. http://www.ecentreclinic.org/	•	•		•
E-Couch Interactive self-help program developed by the Australian National University, which you can access anonymously and work through at your own pace. Provides evidence-based information, self-help tools and toolkits. http://www.ecouch.anu.edu.au/welcome	•			•
Mental Health Online <i>'Generalised anxiety disorder'; 'Obsessive compulsive disorder'; 'Panic disorder with or without agoraphobia'; '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>'Indigenous wellbeing'; 'Mood mechanic'; 'OCD'; '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'</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.arvc.org.au/our-services/helpline 1300 269 438 OR (03) 9830 0533 (10am-4pm AEST Mon-Fri)		•		•
Open Arms Free and confidential counselling and group programs to support mental health and wellbeing. http://www.openarms.gov.au/		•		•
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		•	•	•
Partners in Parenting Partners in Parenting is a research study designed to empower parents to make sense of adolescence and parent their teenagers with confidence. http://www.partnersinparenting.net.au/	•			•

ANXIETY	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 help from your mobile phone (iOS) or Apple Watch. http://itunes.apple.com/app/apple-store/id985891649?mt=8				•
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 http://play.google.com/store/app/details?id=air.au.com.reachout.worrytime				•
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	•			•
Snapshot A mobile-based app designed for Australian adults to help monitor and manage their depression or anxiety discreetly. http://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot http://itunes.apple.com/au/app/black-dog-snapshot/id975963397 http://play.google.com/store/apps/details?id=au.org.blackdoginstitute.snapshot	•			•
This Way Up <i>'Generalised Anxiety Disorder'; 'Health Anxiety'; 'Mixed Depression & Anxiety'; 'Obsessive Compulsive Disorder'; 'Social Phobia'; 'Panic'; 'TeenSTRONG'</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 'Depression' Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
Centre for Clinical Interventions 'Bipolar' Self-help workbooks and modules for a range of mental health issues. http://www.cci.health.wa.gov.au/resources/looking-after-yourself				•
On Track 'Get Real' Online treatment program for people who are having odd experiences and are worried they may be getting out of touch with reality. http://www.ontrack.org.au/web/ontrack	•		•	•
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	CT	HP	F
Beyond Blue 'Depression'; 'Long term support over the journey'; 'Sexuality and gender identity'; 'Suicidal thoughts and self harm' Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums/	•			•
BITEBACK Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. http://www.biteback.org.au	•			•
Centre for Clinical Interventions 'Looking after yourself'; 'Mood management'; 'Worry and rumination' 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 'Arabic wellbeing course' The eCentreClinic develops and tests free online treatment courses for people with depression, anxiety, and other health conditions including chronic pain. http://www.ecentreclinic.org/	•	•		•
E-Couch Interactive self-help program developed by the Australian National University, which you can access anonymously and work through at your own pace. Provides evidence-based information, self-help tools and toolkits. http://www.ecouch.anu.edu.au/welcome	•			•

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
Mental Health Online <i>'Depression'</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	•		•	•
MumSpace One-stop website supporting the mental health and emotional wellbeing of pregnant women, new mums and their families. From advice and support in the transition to parenthood, to effective online treatment programs for perinatal depression and anxiety. https://www.mumspace.com.au/	•			•
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>'Life flex'; 'Life flex tailored for LGBQ 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.	•		•	•

DEPRESSION	R	CT	HP	F
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	•	•		•
OnTrack <i>'Alcohol and depression'; 'Depression'</i> Self-guided online interactive tools for depression and alcohol use. http://www.ontrack.org.au/web/ontrack	•		•	•
Open Arms Free and confidential counselling and group programs to support mental health and wellbeing. http://www.openarms.gov.au/		•		•
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		•	•	•
Partners in Parenting Partners in Parenting is a research study designed to empower parents to make sense of adolescence and parent their teenager with confidence. http://www.partnersinparenting.net.au/	•			•
The Ripple Effect An online intervention designed to investigate what works to reduce the self-stigma and perceived-stigma among males aged 30-64 years from the farming community, who have been bereaved by suicide, attempted suicide, cared for someone who attempted suicide, have had thoughts of suicide, or been touched by suicide in some other way. http://www.therippleeffect.com.au/	•			•
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	CT	HP	F
Snapshot A mobile-based app designed for Australian adults to help monitor and manage their depression or anxiety discreetly. http://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot http://itunes.apple.com/au/app/black-dog-snapshot/id975963397 http://play.google.com/store/apps/details?id=au.org.blackdoginstitute.snapshot	•			•
This Way Up ‘Depression’; ‘Depression (Chinese)’; ‘Mixed Depression and Anxiety’ 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.	•	•	•	
Youth Beyond Blue ‘The Check-in’ 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				•

EATING DISORDERS				
	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
Beyond Blue ‘Anxiety’ Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums/	•			•
The Butterfly Foundation Telephone, web chat and email counselling services for people affected by eating disorders and body image concerns. Online information, resources, support and personal stories relating to eating disorders and body image concerns. http://www.thebutterflyfoundation.org.au/national-edhope-line/support@thebutterflyfoundation.org.au 1800 33 4673 (Phone and online: 8am - 12am, 7 days AEST - except national public holidays)		•	•	•
Centre for Clinical Interventions ‘Building body acceptance’; ‘Disordered eating’ 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 Recovery Forum An online message board for people (16 and over) with an eating disorder. http://www.eatingdisorders.org.au/online-services 1300 550 236	•			•

GRIEF AND LOSS	R	CT	HP	F
Beyond Blue <i>'Grief and loss'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums/	•			•
E-Couch Interactive self-help program developed by the Australian National University, which you can access anonymously and work through at your own pace. Provides evidence-based information, self-help tools and toolkits. http://www.ecouch.anu.edu.au/welcome	•			•
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 (12-24 yrs) cope with cancer. Face to face counselling is available during normal business hours. Scheduled after hours also on offer. http://www.canteen.org.au/ 1800 855 932 support@canteen.org.au	•	•	•	•
Centre for Clinical Interventions <i>'Looking after yourself'</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 <i>'Chronic conditions'; 'Pain course for SCI'; 'Wellbeing neuro'</i> The eCentreClinic develops and tests free online treatment courses for people with depression, anxiety, and other health conditions including chronic pain. http://www.ecentreclinic.org/	•	•		•
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/	•			•
Mental Health Online <i>'Sleep-e'</i> Online programs for a range of issues, with self-guided or therapist support options. http://www.mentalhealthonline.org.au	•	•	•	•

PHYSICAL HEALTH PROBLEMS	R	CT	HP	F
MindSpot Clinic <i>'Chronic pain'; '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.	•		•	•
OnTrack <i>'Diabetes'</i> Web-based program providing interactive self-help tools, resources and fact sheets for people experiencing diabetes. http://www.ontrack.org.au/web/ontrack	•		•	•
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>'Chronic pain'; 'Managing insomnia'</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 Telephone and online counselling service to assist people experiencing sexual, domestic and family violence. http://www.1800respect.org.au/ 1800 737 732 (Phone and online: 24 hours)		•		•
Beyond Blue <i>'Relationships and family issues'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums/	•			•
Breakup Shakeup (Young and Well CRC 'e-Tools for Wellbeing') A behavioural activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup. http://www.itunes.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 Interactive self-help program developed by the Australian National University, which you can access anonymously and work through at your own pace. Provides evidence-based information, self-help tools and toolkits. http://www.ecouch.anu.edu.au/welcome	•			•
Mensline 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 (Phone and online: 24 hours)		•		•

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 <i>'Anxiety'; 'Staying well'; 'Supporting family and friends with a mental health condition (carers)'; 'Treatments, health professionals and therapies'; 'Young people'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums/	•			•
BITEBACK Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. http://www.biteback.org.au	•			•
Centre for Clinical Interventions <i>'Looking after yourself'; '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/	•			•

STRESS/WELLBEING	R	CT	HP	F
eCentre Clinic <i>'Arabic wellbeing'; 'University wellbeing'; 'Wellbeing neuro'</i> The eCentreClinic develops and tests free online treatment courses for people with depression, anxiety, and other health conditions including chronic pain. http://www.ecentreclinic.org/	•	•		•
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://www.healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents		•		•
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. 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				•
Mental Health Online <i>'Made-4-Me, a tailored program'; 'Sleep-e'</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: 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
Mindgauge An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle. http://www.mindgauge.org.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/ http://itunes.apple.com/au/app/moodmission/id1140332763?mt=8	•			•
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/ http://itunes.apple.com/au/app/moodprism/id1044879598?mt=8 http://play.google.com/store/apps/details?id=au.com.monash.moodprism&hl=en				•
My Digital Health <i>'BDZ digital health'; 'iChooseWell'; 'iMindTime'; 'iSleepWell'; 'Life Flex'; 'Life Flex tailored for LGBTQ adults'; 'Life Flex 4 PTSD'; '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
myCompass An online self-help program for people with mild to moderate depression, anxiety and stress. http://www.mycompass.org.au	•			•
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	•	•		•
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				•
OnTrack <i>'Families and friends'</i> Web-based programs providing interactive self-help tools, resources and fact sheets for people experiencing a range of issues. http://www.ontrack.org.au/web/ontrack	•		•	•
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://itunes.apple.com/app/apple-store/id985891649?mt=8				•
ReachOut Next Step 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				•
ReachOut Orb 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 http://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8	•			•

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
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 http://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8 http://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en				•
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>'Coping with stress'; 'Intro to mindfulness'; 'Mindfulness-based CBT'</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/ http://itunes.apple.com/au/app/overcoming-anxiety-depression/id989074562?mt=8 http://play.google.com/store/apps/details?id=com.thiswayup.depressionandanxiety&hl=en	•	•	•	
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/ http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls-l&mt=8 http://play.google.com/store/apps/details?id=com.x2damcreative.wwwt.android&hl=en			•	•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	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 Telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelponline.org.au/ 1800 858 858 (Phone and online: 24/7)		•		•
Hello Sunday Morning 'Daybreak' A website and app which aims to support any individual to cut back or take a break from using alcohol. http://www.hellosundaymorning.org/ http://itunes.apple.com/au/app/daybreak-drink-less/id1107514492?mt=8 http://play.google.com/store/apps/details?id=com.hellosundaymorning.android.challenges&hl=en				•
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 http://www.microsoft.com/en-au/store/apps/my-quitbuddy/9nblggh0856n				•
National Alcohol and Other Drug Hotline Connect to Alcohol and Drug Information service operating in your state/area. Phone: 1800 250 015		•		•
OnTrack <i>'Alcohol'; 'Alcohol and depression'</i> Web-based programs providing interactive self-help tools, resources and fact sheets for people experiencing a range of issues. http://www.ontrack.org.au/web/ontrack	•		•	•
Parenting Strategies: Preventing Adolescent Alcohol Misuse An online program providing strategies to help parents protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/	•			•
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				•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
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	•	•		•
Ray's Night Out (Young and Well CRC 'e-Tools for Wellbeing') 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/ http://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 http://play.google.com/store/apps/details?id=au.gov.dva.ontrack *DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.				•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	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	•			•
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	•		•	•

SUICIDE PREVENTION	R	CT	HP	F
Beyond Blue <i>'Suicidal thoughts and self harm'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums/	•			•
Beyond Blue BeyondNow 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=CLLv9X7qM0CFYmCvQodW2IKow http://itunes.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058?mt=8 http://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow			•	•
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/ http://itunes.apple.com/au/app/id1030670665 http://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en				•
The Ripple Effect An online intervention designed to investigate what works to reduce the self-stigma and perceived-stigma among males from the farming community. 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 'PTSD & Trauma' Online space for discussion and support from peers. 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 (Phone and email: 9-5 Monday to Sunday AEST)		•		•
Daisy App connecting Australian women to abuse services. http://www.1800respect.org.au/daisy/ http://itunes.apple.com/us/app/daisy/id968542048?ls=1&mt=8 http://play.google.com/store/apps/details?id=au.com.medibank.projectconnect				•
Mental Health Online 'Post traumatic stress disorder' Online programs for a range of issues, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au	•	•	•	•
MindSpot Clinic 'PTSD' Online courses for PTSD. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
Open Arms Free and confidential counselling and group programs to support mental health and wellbeing. http://www.openarms.gov.au/		•		•

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 'Post traumatic stress disorder (PTSD)' 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 <i>'Supporting family & friends with a mental health condition (carers)'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
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		•		•
OnTrack <i>'OnTrack Families and Friends'</i> Online tools and information for people supporting someone with a mental illness. http://www.ontrack.org.au/web/ontrack	•		•	•
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	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 <i>'Young People'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
BITEBACK 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 (Young and Well CRC 'e-Tools for Wellbeing') 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				•
CanTeen Phone, online and email counselling and forums to help young people (12-24 yrs) cope with cancer. http://www.canteen.org.au/ 1800 835 932	•	•	•	•
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	•	•		

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
Cool Kids Online An online, structured, skills-based program that teaches children (aged 7 – 12) and their parents how to better manage anxiety. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers	•	•		
Cool Little Kids Online An online, structured, skills-based program that teaches children (aged 3 – 6) and their parents how to better manage anxiety. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers	•	•		
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 (9am-1am/7 days AEST)	•	•		•
Kids Helpline Phone and real time web-based crisis support for youth (5-25 yrs). http://www.kidshelp.com.au/ 1800 55 1800 (Phone 24 hours) (Online crisis support: varies by state)		•		•
MindSpot Clinic ‘Mood mechanic course’ 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/	•	•		•

CHILD & YOUTH SERVICES	R	CT	HP	F
Out & Online An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25 years. http://www.outandonline.org.au/	•			•
Ray’s Night Out (Young and Well CRC ‘e-Tools for Wellbeing’) 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 http://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8	•			•
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/ http://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8 http://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en				•

CHILD & YOUTH SERVICES	R	CT	HP	F
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/	•	•	•	
Youth Beyond Blue 'The Check-in' 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				•

INDIGENOUS & OTHER CULTURAL SERVICES	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
Beyond Blue 'Multicultural experiences' Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
eCentre Clinic 'Arabic wellbeing course' The eCentreClinic develops and tests free online treatment courses for people with depression, anxiety, and other health conditions including chronic pain. http://www.ecentreclinic.org/	•	•		•
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 'Indigenous wellbeing' Online courses for indigenous wellbeing. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
NACCHO Aboriginal Health An app developed by the Aboriginal Community Controlled Health Organisation to provide health information online or by phone and features location-based service to find your nearest Aboriginal Community Controlled Health service. http://itunes.apple.com/us/app/naccho-aboriginal-health-in/id722565694				•

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				•
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=1&mt=8 http://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en	•		•	•
This Way Up <i>'Depression (Chinese)'</i> 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/	•	•	•	

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
Beyond Blue <i>'Sexuality and gender identity'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
My Digital Health <i>'Life flex tailored for LGBQ 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.	•		•	•
Out and Online An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25 years. http://www.outandonline.org.au/	•			•
QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527 (Phone and online: 5:30pm-10:30pm/7 days AEST)		•		•

OLDER ADULTS SERVICES	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/	•	•		•
MindSpot Clinic <i>'Wellbeing plus'</i> 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	•	•		•

PARENTING SERVICES				
	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
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. http://brave4your.psy.uq.edu.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://www.healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents		•		•
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/				•

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 (Phone: 8am-10pm/7 days AEST) (Online counselling: 11am-2pm/Tue & Thur AEST) NSW: http://www.parentline.org.au/ 1300 1300 52 (Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm) (Online counselling: Mon-Tue 10am-12pm during school terms) VIC: http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx 13 22 89 (8am-12am/7 days) SA: http://www.parenting.sa.gov.au 1300 364 100 (24/7) WA: (08) 6279 1200 or 1800 654 432 (24/7) ACT: http://www.parentlineact.org.au (02) 6287 3833 (9am-5pm Mon-Fri) TAS: 1300 808 178 (24/7)		•		•
Parenting Strategies: Preventing Adolescent Alcohol Misuse An online program providing strategies to help parents protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/	•			•
Parent Works Online program for Australian parents and caregivers providing evidence-based parenting strategies. http://www.parentworks.org.au/#/	•			•
Partners in Parenting Partners in Parenting is a research study designed to empower parents to make sense of adolescence and parent their teenager with confidence. http://www.partnersinparenting.net.au/	•			•

PARENTING SERVICES	R	CT	HP	F
Pregnancy, Birth and Baby 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 (24 hours)		•		•
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 (12-18). 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 'Postnatal'; 'Pregnancy' 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-ukien/find-help/triple-p-online/	•			•
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/ http://itunes.apple.com/au/what-were-we-thinking/id925235935?ls=1&mt=8			•	•

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=I&mt=8 http://play.google.com/store/apps/details?id=com.gov.dva				•
Open Arms Free and confidential counselling for Australia's military and veteran community. Helpline: 1800 011 046 http://www.openarms.gov.au/		•		•
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/ http://itunes.apple.com/au/app/id1030670665 http://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en				•
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
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/ http://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 http://play.google.com/store/apps/details?id=au.gov.dva.ontrack *DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.				•

APPS	R	CT	HP	F
Act-Belong-Commit An online campaign and app 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/ http://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8				•
Beyond Blue BeyondNow 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 http://itunes.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058?mt=8 http://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow			•	•
Breakup Shakeup (Young and Well CRC 'e-Tools for Wellbeing') 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/ http://itunes.apple.com/us/app/daisy/id968542048?ls=1&mt=8 http://play.google.com/store/apps/details?id=au.com.medibank.projectconnect				•
Hello Sunday Morning 'Daybreak' A website and app which aims to support any individual to cut back or take a break from using alcohol. http://www.hellosundaymorning.org/ http://itunes.apple.com/au/app/daybreak-drink-less/id1107514492?mt=8 http://play.google.com/store/apps/details?id=com.hellosundaymorning.android.challenges&hl=en				•

APPS	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
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				•
Kurdiji A app being created by Australian indigenous elders designed to save young indigenous lives. http://www.kurdijiapp.wordpress.com/				•
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. http://www.mindgauge.org.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/ http://itunes.apple.com/au/app/moodmission/id1140332763?mt=8	•			•

APPS	R	CT	HP	F
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/ http://itunes.apple.com/au/app/moodprism/id1044879598?mt=8 http://play.google.com/store/apps/details?id=au.com.monash.moodprism&hl=en				•
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 http://www.microsoft.com/en-au/store/apps/my-quitbuddy/9nblggh0856n				•
NACCHO Aboriginal Health An app developed by the Aboriginal Community Controlled Health Organisation to provide health information online or by phone and features location-based service to find your nearest Aboriginal Community Controlled Health service. http://itunes.apple.com/us/app/naccho-aboriginal-health-in/id722565694				•
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				•
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/ http://itunes.apple.com/au/app/id1030670665 http://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en				•

APPS	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
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 (Young and Well CRC 'e-Tools for Wellbeing) 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				•
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/reachout-orb-game http://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8				•
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 http://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8	•			•
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/apple-store/id964311176?mt=8 http://play.google.com/store/apps/details?id=air.au.com.reachoutworrytime				•

APPS	R	CT	HP	F
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/ http://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8 http://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en				•
Snapshot A mobile-based app designed for Australian adults to help monitor and manage their depression or anxiety discreetly. http://www.blackdoginstitute.org.au/getting-help/self-help-tols-apps/snapshot http://itunes.apple.com/au/app/black-dog-snapshot/id975963397 http://play.google.com/store/apps/details?id=au.org.blackdoginstitute.snapshot	•			•
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	•		•	
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			•	•
Youth Beyond Blue 'The Check-in' Free app helping people check-in with friends and family and coaching youth as to how they might support their friends. http://www.youthbeyondblue.com/help-someone-you-know/thecheckin				•

ONLINE PEER SUPPORT (MODERATED)	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 <i>'Anxiety'; 'Depression'; 'Grief and loss'; 'Long term support over the journey'; 'Multicultural experiences'; 'PTSD and trauma'; 'Relationship and family issues'; 'Sexuality and gender identity'; 'Staying well'; 'Suicidal thoughts and self harm'; 'Supporting family and friends with a mental health condition (carers)'; 'Treatment, health professionals and therapies'; 'Young people'</i> Online space for discussion and support from peers. http://www.beyondblue.org.au/get-support/online-forums	•			•
CanTeen Phone, online and email counselling and forums to help young people (12-24 yrs) cope with cancer. http://www.canteen.org.au/ 1800 835 932 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	•			•
Eating Disorders Victoria Recovery Forum An online message board for people (16 and over) with an eating disorder. http://www.eatingdisorders.org.au/online-services 1300 550 236	•			•
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://www.healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents		•		•

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
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/	•	•		•
Mensline Forums, information, referral service and telephone, online and video counselling for men. http://www.mensline.org.au/ 1300 78 99 78 (24 hours)		•		•
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 http://www.microsoft.com/en-au/store/apps/my-quitbuddy/9nblggh0856n				•
Parent Works Online program for Australian parents and caregivers providing evidence-based parenting strategies. http://parentworks.org.au/#/	•			•
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/ http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&mt=8			•	•

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 and app 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/ http://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8				•
Autism Games Free, online games to assist children (5-15 years) 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 BeyondNow 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 http://itunes.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058?mt=8 http://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow			•	•
BITEBACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 years). http://www.biteback.org.au/				•
The BRAVE program Online program to help children and teenagers (8 to 17) overcome anxiety. Comprises both youth and parent components. http://brave4you.psy.uq.edu.au/	•			•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
Centre for Clinical Interventions <i>'Bipolar'; 'Building Body Acceptance'; 'Eating disorders'; 'Looking after yourself'; 'Mood management'; '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/consumers.cfm				•
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 <i>'Arabic wellbeing course'; 'Chronic conditions course'; 'Pain course for SCI'; 'University wellbeing course'; 'Wellbeing neuro course'</i> The eCentreClinic develops and tests free online treatment courses for people with depression, anxiety, and other health conditions including chronic pain. http://www.ecentreclinic.org/	•	•		•
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	•			•
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. 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				•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
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/	•	•		•
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'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'; 'Life flex'; 'Life flex tailored for LGBTQ adults'; 'Life flex 4 PTSD'; '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.	•		•	•
OnTrack <i>'Alcohol'; 'Alcohol and depression'; 'Depression'; 'Diabetes'; 'Families and friends'; 'Get real'</i> Self-guided online interactive program for a range of different issues. http://www.ontrack.org.au/web/ontrack http://www.ontrack.org.au/diabetes/	•		•	•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
Parenting Strategies: Preventing Adolescent Alcohol Misuse An online program providing strategies to help parents protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/	•			•
Partners in Parenting Partners in Parenting is a research study designed to empower parents to make sense of adolescence and parent their teenager with confidence. http://www.partnersinparenting.net.au/	•			•
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 http://itunes.apple.com/au/app/reachout-orb/id964348080?mt=8	•			•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
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/ http://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 http://play.google.com/store/apps/details?id=au.gov.dva.ontrack *DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.				•
The Ripple Effect An online intervention designed to investigate what works to reduce the self-stigma and perceived-stigma amongst males from the farming community. http://www.therippleeffect.com.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	•			•
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/qlld-uken/get-help/triple-p-online/	•			•
What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/ http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&mt=8			•	•

ONLINE PROGRAMS: THERAPIST/COACH ASSISTED	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 (aged 7 – 12) and their parents how to better manage anxiety. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/expandable-information/cool-kids-online	•	•		
Cool Little Kids Online An online, structured, skills-based program that teaches children (aged 3 – 6) and their parents how to better manage anxiety. http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers	•	•		
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'; 'Sleep-e'; 'Social anxiety disorder'</i> Online programs for a range of issues, with self-guided or therapist support options. http://www.mentalhealthonline.org.au/	•	•	•	•

ONLINE PEER SUPPORT (THERAPIST/COACH ASSISTED)	R	CT	HP	F
ONLINE PEER SUPPORT R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
MindSpot Clinic <i>'Chronic pain'; 'Indigenous wellbeing'; 'Mood mechanic'; 'OCD'; 'Pain'; '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>'Chronic pain'; 'Coping with stress'; 'Depression'; 'Depression (Chinese)'; 'Generalised anxiety disorder'; 'Health anxiety'; 'Intro to mindfulness'; 'Managing insomnia'; 'Mindfulness-based CBT'; 'Mixed depression and Anxiety'; 'Obsessive compulsive disorder'; 'Panic disorder'; 'Postnatal'; 'Posttraumatic stress disorder (PTSD)'; 'Pregnancy'; 'Social phobia'; 'TeenSTRONG'</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.	•	•	•	

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
1800RESPECT Telephone and online crisis and trauma counselling services to assist people experiencing the effects of sexual assault, domestic or family violence. http://www.1800respect.org.au/ 1800 737 732 (Phone and online: 24 hours)		•		•
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 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 (Phone: 24 hours) (Online counselling: 3pm-12am/7 days AEST)		•		•
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 (Phone and email 9am-5pm/7 days AEST)		•		•
The Butterfly Foundation Telephone and web-based counselling, information and support for people affected by eating disorders. http://www.thebutterflyfoundation.org.au/national-edhope-line/ 1800 33 4673 support@thebutterflyfoundation.org.au (Phone and online: 8am-9pm/7 days EAST)		•	•	•
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 (12-24 years) cope with cancer. http://www.canteen.org.au/ 1800 835 932 support@canteen.org.au	•	•	•	•

TELEPHONE & ONLINE COUNSELLING				
	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
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/	•	•		•
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		•		•
eheadspace Internet chat, email or phone mental health support for young people (12-25 yrs) and for their families, friends and other adult supports (Registration only mandatory for online chat). http://www.eheadspace.org.au/ 1800 650 890 (9am-1am/7 days AEST)	•	•		•
Gambling Help Online Telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelponline.org.au/ 1800 858 858 (Phone and online: 24/7)		•		•
Guiding Light 'Bereavement support line' 24 hour support line for individuals and families grieving the death of a child. http://rednosegriefandloss.com.au/support 1300 072 637				•

TELEPHONE & ONLINE COUNSELLING	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. http://www.healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents		•		•
Kids Helpline Phone and real time web-based crisis support for youth (5-25 years). http://www.kidshelp.com.au/ 1800 55 1800 (Phone: 24 hours) (Online crisis support:Varies by State)		•		•
Lifeline Crisis Support Phone and real time online crisis support. http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat 13 11 14 (Phone: 24 hours) (Online crisis chat: 7pm-4am/7 days AEST)		•		•
Mensline Forums, information, refferal service and telephone, online and video counselling for men. http://www.mensline.org.au/ 1800 78 99 78 (Phone and online: 24 hours)		•		•
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 (10am-4pm Mon-Fri)		•		•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
Open Arms Free and confidential counselling and group programs to support mental health and wellbeing. http://www.openarms.gov.au/		•		•
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		•	•	•
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 (Phone: 8am-10pm/7 days AEST) (Online counselling: 11am-2pm/Tue & Thu AEST) NSW: http://www.parentline.org.au/ 1300 1300 52 (Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm) (Online counselling Mon-Tue 10am-12pm during school terms) VIC: http://www.education.vic.gov.au/about/contract/Pages/parentline.aspx 13 22 89 (8am-12am/7 days) SA: http://www.parenting.sa.gov.au 1300 364 100 (24/7) WA: (08) 6279 1200 or 1800 654 432 (24/7) ACT: http://www.parentlineact.org.au (02) 6287 3833 (9am-5pm Mon-Fri) TAS: 1300 808 178 (24/7)		•		•
Pregnancy, Birth and Baby 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 (24 hours)		•		•
QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527 (Phone and online: 5:30pm-10:30pm/7 days AEST)		•		•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
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 Anonymous, non-judgemental, non-religious emotional support and counselling over the phone. http://www.thesamaritans.org.au/ 13 52 47 (24 hours)		•		•
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 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 (Phone and online: 24 hours)	•	•		•

INFORMATION SITES*	*Some of these sites also have programs which are listed in this guide, but are also included here because they provide helpful mental health information.
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
eCentre Clinic Get information on: anxiety, depression, chronic pain and other physical health problems.	www.ecentreclinic.org
eheadspace Get information on: health and wellbeing, substance use and addictive behaviours, depression, eating disorders, PTSD, anxiety, bipolar disorder, stress, and psychosis.	www.eheadspace.org.au/eheadspace
Fighting Fit Get information on: ADF health and rehabilitation, physical health problems, and other veteran services.	www.defence.gov.au/Health/HealthPortal/
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.	www.headsup.org.au/your-mental-health
Healthy Families Get information on: parenting, relationships, stress/wellbeing and other mental health issues.	www.healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents

INFORMATION SITES*	
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
NPY Womans Council Ngangkari Resources Get information on: stress/wellbeing, trauma and Indigenous mental health.	www.npywc.org.au
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.	
THIS WAY UP Get information on: anxiety, trauma, OCD, depression, and stress/wellbeing.	www.thiswayup.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

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www.emhprac.org.au

eMHPprac is funded by the Australian Government

This e-Mental Health resource guide for practitioners provides an overview of various Australian online and teleweb programs. It has been developed as part of the eMHPprac 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.

