

Managing Your Mental Health Online During COVID-19

There have been many changes to our lives due to the COVID-19 pandemic. These changes can affect our mental health and wellbeing. Some people may be dealing with existing mental health problems and others may be feeling anxious or depressed due to new concerns.

There are many digital services that have been developed to assist people with managing their mental health during the pandemic. Digital mental health services can provide easy-to-access information, support, and tools to protect your mental health whilst living through COVID-19.



Head to Health

Head to Health

A good place to start is the Australian Government's digital mental health gateway. Head to Health is a searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations.

Mindspot



Ph: 1800 61 44 34

MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Beyond Blue



Ph: 1300 22 4636

Beyond Blue is a mental health organisation providing support and information on anxiety, depression, suicide prevention, supporting someone, grief and loss and staying well. Explore the information, advice, and strategies prepared to help people manage their mental health and wellbeing during the pandemic.

Older Person's COVID-19 Support Line




Australian Government
Department of Health

Ph: 1800 171 866

Supported by the Federal Government, the Older Person's COVID-19 Support Line is there to answer questions, provide support and resources to all older Australian's who are affected by COVID-19, particularly those accessing aged care services.

Key:

 Online tool

 e-book

 Video

 Telephone

 App



Scan to download a free PDF version from the eMHPrac Website

*DISCLAIMER

The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

Phone and Online Counselling



Lifeline 13 11 14
24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people seeking support for domestic violence situations.



Mensline Australia 1300 78 99 78
Advice, therapy and support for men with families, and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for LGBTI people.



GriefLine 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.



Open Arms 1800 011 046
Phone and online counselling for veterans and their families.



FriendLine 1800 424 287
A national support line "ready for a cuppa and a conversation" with trained volunteers.



Butterfly Foundation 1800 33 4673
Telephone and online counselling, and moderated online support groups for anyone needing guidance with an eating disorder.



PANDA 1300 726 306
Resources and information for new and expecting parents affected by anxiety and depression.

Apps



MoodMission
An app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak
A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind
A free website and app teaching mindfulness meditation to young people and adults.



MindGauge
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow
A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



Headgear
A easy-to-use app guiding users through a 30-day mental fitness challenge.

Aboriginal and Torres Strait Islanders



WellMob
Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people.



iBobbly
Wellbeing and suicide prevention app for young Aboriginal and Torres Strait Islander Australians.

Older Adults



Be Connected
Every Australian online.

Be Connected - e-Safety Commissioner
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.



MindSpot - 'Wellbeing Plus'
An online program for stress, worry, anxiety and depression in adults aged 60 and above.

Self-Guided Programs



THIS WAY UP
Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available.



Mental Health Online
Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass
A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM
A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch
A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions
Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums
Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



SANE Australia
Moderated forums providing peer-to-peer support.

Young People



Kids Helpline 1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle
A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace
Internet, chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut
Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.





The BRAVE Program
Prevention, intervention, and treatment of anxiety in young people.




BITE BACK
Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.






Australian Psychological Society		Coping with change during COVID-19: Coming to terms with the 'new normal'
Australian Psychological Society		Coping with COVID-19 when not everyone will 'do the right thing'
Australian Psychological Society		Tips for coping with coronavirus anxiety
Black Dog Institute		10 tips for managing anxiety during COVID-19
Black Dog Institute		Coping with anxiety about COVID-19 restrictions easing
Commonwealth Government		Coronavirus (COVID-19) resources for the general public: Mental health
Gayaa Dhuwi		Staying healthy and strong during the coronavirus outbreak
Health Direct		COVID-19 and mental health
Lifeline		Mental health and wellbeing during the COVID-19 outbreak
MindSpot		Dealing with Stress
MindSpot		Coping with Uncertainty
MindSpot		Managing Relationship Strain
Phoenix Australia		Keeping Yourself Mentally Well
Phoenix Australia		Dealing with the death of a loved one from COVID-19 and other infectious diseases
Queensland Government		Strong Spirit, Safe Mob
Queensland Mental Health Commission		Uncertainty and the COVID-19 Pandemic
SANE Australia		Caring for Yourself and Others During COVID
SANE Australia		Top tips for coping with anxiety during COVID
SANE Australia		Reflections on Coping with COVID-19
Smiling Mind		Thrive inside
THIS WAY UP		Calming Your Emotions
THIS WAY UP		Knowing What to Say
THIS WAY UP		Focusing on Solutions
THIS WAY UP		Tips for Getting Through
THIS WAY UP		One Day at a Time Activity Planner
THIS WAY UP		Staying on Track (audio guide)
THIS WAY UP		Staying on Track (resource pack)

Managing Your Mental Health During Isolation




Act-Belong-Commit		Keeping mentally healthy during lock-down - a 5 day wellness plan
Act-Belong-Commit		How you can try and keep mentally healthy when isolated or spending a lot of time at home
Australian Psychological Society		Managing your mental health during social isolation
Australian Psychological Society		Loneliness and social isolation in the time of COVID-19
Black Dog Institute		Your weekly personal mental health check-in during Coronavirus
Lifeline		Loneliness and isolation
MindSpot		Coping with social isolation
MindSpot		Staying safe and connected
Phoenix Australia		4 ways to look after yourself during self isolation
Queensland Mental Health Commission		20 things to keep you mentally healthy and well at home
R U OK?		Staying connected is more important than ever
THIS WAY UP		Supporting You Through Self-Isolation
THIS WAY UP		Managing Your Mental Health While in COVID-19 Self Isolation
THIS WAY UP		Managing Your Mental Health After Self-Isolation Ends

Specific Groups and Topics





ABI	Australian Psychological Society	Tips for people living with an acquired brain injury (ABI)
Alcohol and Drug Use	Counselling Online	COVID-19 update
	Quitline	FAQs: Coronavirus (COVID-19) and smoking
Dementia	Dementia Australia	Tips for carers, families and friends of people living with dementia
Disability	People with Disabilities Australia	COVID-19 Hub
Domestic Violence	1800RESPECT	Self isolation and COVID-19
Eating Disorders	Butterfly Foundation	 COVID-19: tips and advice for people with an eating disorder
Intellectual Impairment	Healthy Mind	Helping people with intellectual disability to recognise and regulate their thoughts and feelings
LGBTIQ+	ACON	Dealing with stress and anxiety during COVID-19: tips on staying strong and resilient
Older Australians	Australian Psychological Society	Coronavirus (COVID-19) anxiety and staying mentally healthy: Information for older adults
Pregnancy/Baby	PANDA	Supports to help expecting and new parents anxious about coronavirus
	Pregnancy, Birth and Baby	Pregnancy, parenting, and COVID-19
Sleep	Sleep Health Foundation	Getting good sleep during the COVID-19 pandemic
Veterans	Open Arms	Life in COVID-19

Australian Psychological Society		Returning to the workplace in the age of coronavirus (COVID-19)
Australian Psychological Society		Managing hazards to employee mental health during coronavirus (COVID-19)
Lifeline		Working from home: how to maintain our mental health wellbeing toolkit
Lifeline		Returning to the office toolkit
Lifeline		Financial stress
MindSpot		Losing your job
Phoenix Australia		Looking after the mental health of your workforce
Queensland Mental Health Commission		COVID-19: Small business mental health
SANE Australia		How to make working from home work for you - our top tips
THIS WAY UP		Returning to the workplace


Support for Frontline Workers and Healthcare Workers

Australian Psychological Society		Frontline workers and COVID-19
Be You		Coronavirus support for learning communities
Black Dog Institute		Teachers: the 'Forgotten Frontline' of the pandemic
Blue Knot Foundation		COVID-19: Taking care of yourself and others
Butterfly Foundation		Looking after your mental health as a health professional
Dr4Ds		Mental and physical health support for any doctor or medical student across Australia
Hand n Hand Peer Support		Hand-n-Hand peer support
MindSpot		For health professionals
Phoenix Australia		Maintaining the psychological wellbeing of health and frontline workers during the COVID-19 pandemic
Phoenix Australia		Practitioner Self-Care Tips
Phoenix Australia		Psychological tips to help frontline workers look after themselves during the COVID-19 pandemic
Phoenix Australia		Fight COVID-19 with better sleep health: A guide for hospital workers
Phoenix Australia		Managing anxiety in the classroom: Information for teachers
Phoenix Australia		Moral Stress Amongst Healthcare Workers During COVID-19
TEN		The Essential Network for Health Professionals, supporting health professionals to manage life and work through COVID-19

Resources for Young People

Children's Health Queensland Hospital and Health Services	 Birdie and the Virus flipbook
Children's Health Queensland Hospital and Health Services	 Birdie's tree games
eSafety Commissioner	Back to school? 6 online safety tips for the 'new normal'
Headspace	 Tips to get back to life during COVID-19
Headspace	How to cope with stress related to Coronavirus (COVID-19)
Headspace	Responding to family conflict
Headspace	Balancing online schooling and working from home
Headspace	Romantic relationships: Challenges during COVID-19
Kids Helpline	Your guide to everything novel coronavirus (COVID-19)
ReachOut	Coping during coronavirus (COVID-19)
ReachOut	Stressed about study during coronavirus?
ReachOut	Staying socially connected during coronavirus - with FlexMami
ReachOut	How to deal with uncertainty during coronavirus
Smiling Mind	Kids care packs
UNICEF	High school from home: how to survive exams during lockdown
World Health Organisation	 My hero is you: Storybook for children on COVID-19

Resources for Parents

The BRAVE Program	 Kids coping with stress and worry about COVID-19 virus: Skills to help children and teenagers
Emerging Minds	Helping children cope with stress during the Coronavirus (COVID-19) pandemic
Emerging Minds	Using play to support children during the Coronavirus (COVID-19) pandemic
Phoenix Australia	Taking care of yourself and your family during the COVID-19 pandemic and other infectious disease outbreaks
Phoenix Australia	Taking care of children during the COVID-19 pandemic and other infectious disease outbreaks
ReachOut Parents	Supporting your teen during coronavirus
Raising Children Network	COVID-19: Family guide - Information for parents and carers
Raising Children Network	Activity guides: ideas for play and wellbeing
Triple P: Positive Parenting Program	Parenting during COVID-19

Triple P: Positive Parenting Program	Parenting teens during COVID-19
UNICEF	Games and activities for children
UNICEF	How to protect your family's mental health in the face of coronavirus
UNICEF	Returning to the new 'normal'
UNICEF	Rethinking screen-time for children in the times of COVID-19

Talking to Children and Young People about COVID-19

Emerging Minds	▶ Talking to children - COVID-19
Emerging Minds	Communicating with your child about coronavirus (COVID-19)
Emerging Minds	▶ Talking to children about natural disasters, traumatic events, or worries about the future
Emerging Minds	Traumatic events, the media and your child
Phoenix Australia	▶ How to talk to your kids about the coronavirus

Homeschooling Resources

Australian Psychological Society	Supporting children with autism spectrum disorder in the COVID-19 environment
Australian Psychological Society	E-learning series: Primary School Series: Tips for children with attention and executive functioning difficulties and disability
Australian Psychological Society	E-learning series: Secondary School Series: Tips for Students with attention and planning difficulties and disabilities
Black Dog Institute	How parents can cope with homeschooling - again
eSafety Commission	Advice booklets for parents and carers

Helping your Child Cope with Change

Australian Psychological Society	Helping children transition back to school in the COVID-19 era
Black Dog Institute	Screen time can help with behavioural changes in kids during isolation
Emerging Minds	▶ Managing routines for children during the COVID-19 pandemic
Murdoch	▶ Parenting in the age of coronavirus