











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 heth 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 helth 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



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

Key:

Online tool

e-book

Video

Telephone

App



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 or any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.





Scan to download a free

PDF version from the **eMHPrac Website**







Phone and Online Counselling

QLife 1800 184 527

GriefLine 1300 845 745

Open Arms 1800 011 046

FriendLine 1800 424 287

people.

their families.



Lifeine 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



OORESPECT

MensLine

Australia

Suicide Call Back Service 1300 659 467 National 24/7 professional telephone & online



Older Adults

skills and online safety of older Australians when they use the internet. MindSpot - 'Wellbeing Plus'

Tools and resources to increase the confidence,

Be Connected - e-Safety Commissioner



Self-Guided Programs

THIS WAY UP

MyCompass

An online program for stress, worry, anxiety and depression in adults aged 60 and above.

1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking support for domestic violence situations.

Telephone (24/7), online and email counselling.

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

Online chat or phone counselling for LGBTI

Phone and online counselling for individuals and

Phone and online counselling for veterans and

A national support line "ready for a cuppa and a

THIS WAY UP 11

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

mentalhealthonline

Mental Health Online

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



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.

moodgi/m

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



Centre for Clinical Interventions

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

anxiety, relationship breakdown, and loss & grief.

friendline

Butterfly

PANDA

G S GRIEFLINE

OPEN

ARMS

conversation" with trained volunteers. **Butterfly Foundation** 1800 33 4673

families experiencing loss and grief.

Telephone and online counselling, and moderated online support grous 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

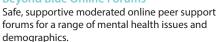
An app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.

A website and app which supports individuals to



Beyond Blue Online Forums

Moderated Forums





SANE Australia

Moderated forums providing peer-to-peer support.

Smiling Mind

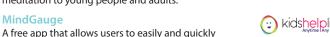
Daybreak

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

track their mental health, mood, and lifestyle.

a safety plan for when experiencing suicidal

cut back or take a break from using alcohol.



:) kidshelpline

Kids Helpline 1800 55 1800

Young People

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 REACHOUT

Bite

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



Black Dog

The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



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



thoughts.

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

A free app and online tool that helps users create

Aboriginal and Torres Strait Islanders



iBobbly

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

iBobbly

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















Ausralian Psychological Society		Coping with change during COVID-19: Coming to terms with the 'new normal'
Ausralian Psychological Society		Coping with COVID-19 when not everyone will 'do the right thing'
Ausralian 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	Ţ	Dealing with Stress
MindSpot	—	Coping with Uncertainty
MindSpot	0	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	Ţ	Calming Your Emotions
THIS WAY UP	Ţ	Knowing What to Say
THIS WAY UP	Ţ	Focusing on Solutions
THIS WAY UP	Ţ	Tips for Getting Through
THIS WAY UP	0	One Day at a Time Activity Planner
THIS WAY UP	Ţ	Staying on Track (audio guide)









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
Ausralian Psychological Society		Managing your mental health during social isolation
Ausralian 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	Ţ	Coping with social isolation
MindSpot	Ţ	Staying safe and connected
Phoenix Australia	0	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	Ausralian Psychological Society	Tips for people living with an acquired brain injury (ABI)
Alashaland Duur Haa	Counselling Online	COVID-19 update
Alcohol and Drug Use	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
LGBTIQA+	ACON	Dealing with stress and anxiety during COVID-19: tips on staying strong and resilient
Older Australians	Ausralian Psychological Society	Coronavirus (COVID-19) anxiety and staying mentally healthy: Information for older adults
Dua aman au/Dahu	PANDA	Supports to help expecting and new parents anxious about coronavirus
Pregnancy/Baby	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







Working During COVID-19



Ausralian Psychological Society		Returning to the workplace in the age of coronavirus (COVID-19)
Ausralian 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	Ţ	Returning to the office toolkit
Lifeline		Financial stress
MindSpot	Ţ	Losing your job
Phoenix Australia	0	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

Ausralian 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
Drs4Drs	•	Mental and physical health support for any doctor or medical student across Australia
Hand n Hand Peer Support	Ţ	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	0	Managing anxiety in the classroom: Information for teachers
Phoenix Australia		Moral Stress Amongst Healthcare Workers Druing COVID-19
TEN		The Essential Network for Health Professionals, supporting health professionals to manage life and work through COVID-19











Supporting Children and Young People 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	Ţ	Birdie's tree games
eSafety Commissioner		Back to school? 6 online safety tips for the 'new normal'
Headspace	Ţ	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	ligg.	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	0	Talking to children - COVID-19
Emerging Minds		Communicating with your child about coronavirus (COVID-19)
Emerging Minds	0	Talking to children about natural disasters, traumatic events, or worries about the future
Emerging Minds		Traumatic events, the media and your child
Phoenix Australia	0	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	0	Managing routines for children during the COVID-19 pandemic
Murdoch	0	Parenting in the age of coronavirus





