

Managing Your Mental Health Online

There have been many changes to our lives in recent months 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 services that can help. You may wish to speak to a GP or mental health professional.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—"self-guided" ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.



A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

Head to Health

A good place to start looking is the Australian Government's digital mental health gateway.

Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

MindSpot

Australia's free national online mental health clinic: Assessment and treatment that is supported by psychologists.



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

Ph: 1800 61 44 34

Beyond Blue

Coronavirus mental health wellbeing support service: Supporting you through the coronavirus pandemic.



A key initiative of the Australian Government's Coronavirus mental health support package is a dedicated Coronavirus mental health support package provided by Beyond Blue. Explore the information, advice and strategies prepared to help people manage their mental wellbeing and support.

Some other services are on the next page.

*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.

Crisis Support - Phone and online counselling



Lifeline

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 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 lesbian, gay, bisexual, transgender and intersex (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.

Apps



MoodMission
A free 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.



ReachOut Breathe App
A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.

Aboriginal and Torres Strait Islanders

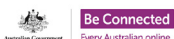


MindSpot - 'Indigenous Wellbeing'
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



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

Older Adults



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

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



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 Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



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.

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| ACON | 'Coronavirus Information for LGBTIQ Communities and People Living With HIV' |
| Act-Belong-Commit | 'Keeping mentally healthy when isolated or spending a lot of time at home' |
| Australian Psychological Society | 'Coronavirus (COVID-19) information for Australians' |
| Beyond Blue | 'Coronavirus mental health wellbeing support service' |
| Beyond Blue | 'Tips for managing back to work anxiety' <i>New</i> |
| Be You | 'Mental health resources for educators' |
| Black Dog Institute | 'Coronavirus: Resources for Anxiety and Stress' |
| Black Dog Institute | 'Coronavirus resources for health professionals' |
| Black Dog Institute | 'After COVID-19 what will normal life look like' <i>New</i> |
| Blue Knot | 'Resources and fact Sheets' |
| The BRAVE Program | 'Beating stress and worries about coronavirus (COVID-19)' |
| The BRAVE Program | 'Video Series: Kids Coping with Stress and Worry' |
| Butterfly Foundation | 'COVID-19: Tips & Advice for people with an eating disorder' |
| Emerging Minds | 'Supporting children during the Coronavirus (COVID-19) outbreak' |
| eSafety Commissioner | 'Social distancing without the isolation: Helping older Australians connect online' |
| Gayaa Dhuwi | 'Staying healthy and strong during the coronavirus outbreak' |
| Headspace | 'How to cope with stress related to Novel Coronavirus (COVID-19)' |
| healthdirect | 'Coronavirus (COVID-19)' |
| Kids Helpline | 'Are you worried about novel coronavirus (COVID-19)?' |
| Lifeline | 'Mental health and wellbeing during the Coronavirus COVID-19 outbreak' |
| Mental Health Online | 'A Practical Guide to Video Mental Health Consultation' |
| MindSpot | 'A Brief Guide to Using Telehealth' |
| MindSpot | 'CALD tips' |
| MindSpot | '11 Psychological Tips for Frontline Staff' |
| Murdoch | 'Parenting in the age of coronavirus podcasts' |
| NACCHO | 'Coronavirus (COVID-19) updates and information' |
| National Mental Health Commission | 'COVID-19 Mental Health Information and Support' |
| Open Arms | 'Resources for veterans and families' |
| PANDA | 'Managing emotional wellbeing for expecting and new parents affected by natural disasters, global crises or concerns for the future' |

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| People with Disability Australia | 'COVID-19 Hub' |
| Phoenix Australia | 'Coronavirus (COVID-19) mental health resources' |
| Pregnancy, Birth and Baby | 'Coronavirus (COVID-19) and pregnancy' |
| Qld Mental Health Commission | 'COVID-19 and mental health' |
| Quitline | 'FAQs – Coronavirus (COVID-19) and Smoking' |
| Raisingchildren.net.au | 'Coronavirus (COVID-19) and children in Australia' |
| ReachOut | 'Coping during coronavirus (COVID-19)' |
| R U OK | 'Staying connected is more important than ever' |
| SANE Australia | 'How to make working from home work for YOU - our top tips' |
| The Sleep Health Foundation | 'Getting good sleep during the COVID-19 Pandemic' |
| Smiling Mind | 'New Family Toolkit' <i>New</i> |
| THIS WAY UP | 'Supporting you through the COVID-19 pandemic, free online tools' |
| THIS WAY UP | 'Returning to Work During the COVID-19 Pandemic' <i>New</i> |
| Triple P | 'COVID-19 Parenting tips for parents and caregivers in uncertain times' |
| Unicef Australia | 'How to talk to your children about coronavirus (COVID-19): Eight tips to help comfort and protect children.' |
| World Health Organisation | 'Mental Health and Psychosocial Considerations During COVID-19 Outbreak' |
| You Got This Mate | 'Tips and info to help rural men reach their best possible mental health' |

This list is current as at **03 July 2020.**