

Managing Your Mental Health Online During the Holiday Season

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 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.



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.

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.



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

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 self-help app for young Aboriginal and Torres Strait Islander Australians.

Moderated Forums



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

Programs



MindSpot
A free clinician supported online program for stress, worry, anxiety and depression in adults aged 18+.



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.

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.