

Managing Mental Health Online

Head to Health

HEAD TO HEALTH Connecting all Australians to mental health support.

WellMob



Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

For Adults

Crisis



Lifeline

☎ 13 11 14 (24/7)

Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.



THIS WAY UP

\$59 OR FREE WITH REFERRAL

Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for teens (12 to 17yrs) with depression/anxiety or adults with depression, anxiety disorders, OCD, PTSD, insomnia, stress or chronic pain. Perinatal and student programs available.



MoodMission

\$7.99

An app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.



Counselling Online

Webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum for people using alcohol and other drugs.



MindSpot

Mental health self-assessment tool, information and online treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, or chronic conditions.



Mental Health Online

Online self-assessment, VR mindfulness tool, and 12-week treatment programs with optional therapist guided support for depression, anxiety conditions, OCD and PTSD (18yrs+).



myCompass

A self-guided toolkit to help adults with anxiety, low mood, and stress better manage their wellbeing.



SANE

☎ 1800 187 263

Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.

For Young People

Crisis



Kids Helpline

☎ 1800 55 1800 (24/7)

Online and phone counselling and information service for young people (5-25yrs).



The BRAVE Program

Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.



MOST

An on-demand digital support service to help young people (12-25yrs) going through a tough time. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.



Momentum

Tailored self-guided online treatment programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration required for young people under 16.



BITE BACK

Six self-guided, weekly mental fitness challenges for young Australians (13-16yrs), to reduce stress and improve focus, friendships and emotional wellbeing.



Mello

An app to help young people (16-25yrs) break free of "stuck thinking" such as worry or rumination.

For Aboriginal and Torres Strait Islander People

Crisis



13YARN

☎ 13 92 76 (24/7)

Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.



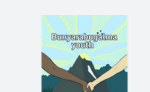
Dreamy

Sleep stories from First Nations storytellers to help with sleep difficulties.



Headspace Yarn Safe

Resources for young Aboriginal and Torres Strait Islander People on mental wellbeing, stress and pressure, relationships and alcohol and drugs.



Bunyarabugalma Youth

App developed with and by young Indigenous People (12-25 yrs) on Bundjalung Country to strengthen wellbeing.

This brief guide is intended for health professionals to use as a reference guide or as a resource to share with patients or clients. Other professionals are welcome to use or share this resource for general information purposes and within the scope of their professional role.