

# Managing Your Mental Health Online

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to free or low-cost online and phone mental health services. [headtohealth.gov.au](http://headtohealth.gov.au)

## 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, and moderated forums.



#### 1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help 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.



#### Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



#### Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



#### SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



#### FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

## Young People



#### Kids Helpline 1800 55 1800

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



#### 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

#### BITE BACK

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

## Programs



#### MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



#### 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.



#### Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



#### ParentWorks

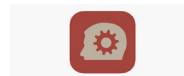
Online program for parents and caregivers providing evidence-based parenting strategies.



#### Centre for Clinical Interventions

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

## Apps



#### HeadGear

An app with activities and challenges to build wellbeing and reduce depression and anxiety.



#### MoodMission

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



#### 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 Islanders.



#### iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.

Scan to download a free PDF version from the eMHPac Website

