# eMHPrac
### E-MENTAL HEALTH IN PRACTICE

QUT Queensland University of Technology | Black Dog Institute | UNIVERSITY CENTRE FOR RURAL HEALTH NORTH COAST | menzies school of health research

# 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

## 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
24/7 telephone, online and email counselling, and moderated forums.

**1800RESPECT** 1800 737 732
24/7 phone & online counselling for people experiencing domestic, family and sexually violent situations.

**MensLine Australia** 1300 78 99 78
Advice, therapy and support for men with family and relationship concerns.

**QLife** 1800 184 527
Online chat or phone counselling for LGBTIQA+ people.

**Butterfly Foundation** 1800 33 4673
Telephone, online counselling, referral and online support groups for people with eating disorders.

**Open Arms** 1800 011 046
Phone and online counselling for veterans and their families.

**SANE Australia** 1800 18 7263
One-off phone and online support for people with complex mental health needs.

**FriendLine** 1800 424 287
Volunteers "ready for a cuppa and a conversation" to support adults experiencing loneliness.

## 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**
Online program for anxiety in children and teens, with parent-support modules.

**BITE BACK**
Free online activities, information and positive psychology aiming to promote wellbeing and resilience in young people.

## Programs

**MindSpot**
Free clinician supported online programs for stress, worry, anxiety, depression, PTSD, chronic pain and chronic health conditions in adults.

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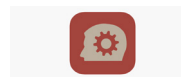
**Healthy Mind**
An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.

**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**
An 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**
Online social, emotional and cultural wellbeing 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.

**13YARN**
Australia's first Indigenous-led crisis helpline providing 24/7 telephone support for Aboriginal and Torres Strait Islander people.

**Scan to download a free PDF version from the eMHPrac Website**

**www.emhprac.org.au**