

Managing Your Mental Health Online

National Mental Health Website



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 LGBTIQ+ 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

Phone and online support for people with complex mental health needs.

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.



headspace

Resources, information and online and phone support for young people and their families.

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

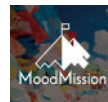
Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



HeadGear

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



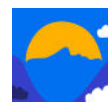
MoodMission

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.



Stay Strong

Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease, or substance misuse problems.



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 eMHPPrac Website

