

# Digital Mental Health for LGBTIQA+ People

## HOW CAN DIGITAL MENTAL HEALTH HELP?

People who are gender, bodily or sexually diverse, or questioning are at an increased risk for mental health problems and often face unique challenges. Online websites, phone counselling services and digital programs offer privacy and sensitivity to issues that are commonly faced by the LGBTIQA+ community.

Scan to download a free  
PDF version from the  
eMHPrac Website



## Head to Health

A good place to start looking is the Australian Government's national mental health website.

### HEAD TO HEALTH

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

## Crisis Support



### Kids Helpline (5-25 yrs)

Phone, email and real time web-based crisis support and information.  
<https://kidshelpline.com.au/>  
1800 55 1800 (24hrs)



### Suicide Call Back Service (15 yrs +)

Telephone, online and email counselling for people going through a tough time.  
<http://www.suicidecallbackservice.org.au/>  
1300 659 467



### Lifeline

Phone and real time online crisis support.  
<http://www.lifeline.org.au/crisis-chat/>  
13 11 14



### 1800RESPECT

Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.  
<http://www.1800respect.org.au/>  
1800 737 732

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

## Information Websites

### REACHOUT

#### ReachOut

Up-to-date information and articles for youth on a range of topics, including relationships, sexuality, identity, and gender. Also includes professionally moderated anonymous discussion forums and advice for parents.  
<https://au.reachout.com/>

### TOUCHBASE

#### Touchbase

A website providing information and resources on substance use, mental health and sexual health in the LGBTIQ+ community.  
<https://touchbase.org.au/>

### BODY TALK

#### Body Talk

Information for teens on relationships, gender identity, sexuality, and contraception.  
<https://bodytalk.org.au/>

### raisingchildren.net.au

#### Raising Children Network

Tools, information guides, mobile apps and other products to help your family grow and thrive together.  
<https://raisingchildren.net.au/>

### RUOK?

A conversation could change a life.

#### R U OK?

A guide to asking someone who is gender, bodily or sexually diverse 'Are you OK?'  
<https://www.ruok.org.au/>

### headspace

#### Headspace

Information for children, young people and their families on gender, sexuality, relationship issues, and mental health.  
<https://headspace.org.au/explore-topics/supporting-a-young-person/mental-ill-health/>

### eSafety Commissioner

#### eSafety Commissioner

Webinars, advice and resources for LGBTIQ+ on staying safe online.  
<https://www.esafety.gov.au/>

### Parents of Gender Diverse Children

#### Parents of Gender-Diverse Children

Peer support, information, resources and referrals for parents and carers of transgender and gender diverse children.  
<https://www.pgdc.org.au/resources>

### acon

#### ACON

ACON helps support the physical, social and mental health of LGBTIQ+ people. Their website includes a range of helpful information, tip sheets and guides.  
<https://www.acon.org.au/>

### SAY IT OUT LOUD

#### Say It Out Loud

Online tools and information on healthy relationships amongst the LGBTIQ+ community.  
<https://sayitoutloud.org.au/>

### pregnancybirth&baby

#### Pregnancy, Birth and Baby

Information for same-sex parents and same-sex couples wanting to fall pregnant.  
<https://www.pregnancybirthandbaby.org.au/>

### COPE

#### COPE

Resources on pregnancy and being a new parent, with information specific to the LGBTIQ+ community.  
<https://www.cope.org.au/>

### rainbow families

#### Rainbow Families

Support and resources for LGBTIQ+ families and their children.  
<https://www.rainbowfamilies.com.au/>

### PFLAG

#### PFLAG

Information, videos and resources for parents, families and friends on gender, body and sexual diversity.  
<https://pflagaustralia.org.au/>

## Phone Counselling

### QLife

#### QLife

Phone and online counselling and referrals for people of diverse sex, genders and sexualities.  
<http://www qlife.org.au/>  
1800 184 527

### Beyond Blue

#### Beyond Blue

Information on mental health for LGBTIQ+ people, raising a healthy gender and sexually diverse family, and phone support line. Includes safe, supportive moderated online peer support forums.  
<http://www.beyondblue.org.au/>  
1300 22 4636

### FullStopAustralia

#### Full Stop Australia

Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault or domestic violence. Includes specific services for those from the LGBTIQ+ community.  
<https://fullstop.org.au>  
1800 385 578