

Digital Mental Health for LGBTIQ+ 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 LGBTIQ+ community.



Head to Health

A good place to start looking is the Australian Government's digital mental health gateway.

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.
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

Information Websites



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

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



Body Talk

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



Raising Children Network

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



RU OK?

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



Headspace

Information for children, young people and their families on gender, sexuality, relationship issues, and mental health.
headspace.org.au/friends-and-family/



eSafety Commissioner

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



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



Say It Out Loud

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



Pregnancy, Birth and Baby

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



COPE

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



Rainbow Families

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



PFLAG

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

Phone Counselling



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

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



Rape and Domestic Violence Services 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.
<http://www.rape-dvservices.org.au/>
1800 497 212

Web-based Program



My Digital Health 'Life flex tailored for LBQ adults'

A biopsychosocial web & mobile-based intervention program for anxiety and depression amongst LBQ adults.
<http://www.mydigitalhealth.org.au>

*DISCLAIMER

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.