











# 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 digital mental health gateway.



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



# l ifalina

Phone and real time online crisis support. http://www.lifeline.org.au/crisis-chat/

# 1800RESPECT

Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.

http://www.1800respect.org.au/ 1800 737 732













**REACH**OUT

# **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 LGBTIQA+ community. https://touchbase.org.au/



raisingchildren.net.au

**EX TOUCH**BASE

# **Body Talk**

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



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

https://raisingchildren.net.au/



### **RUOK?**

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

# Headspace

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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



Webinars, advice and resources for LGBTIQA+ 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

https://www.pgdc.org.au/resources



ACON helps support the physical, social and mental health of LGBTIQA+ people. Their website includes a range of helpful information, tip sheets

https://www.acon.org.au/



# Say It Out Loud

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



# Pregnancy, Birth and Baby

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



with information specific to the LGBTIQA+ community.

https://www.cope.org.au/

nainbow families

# **Rainbow Families**

Support and resources for LGBTIQA+ families and their children.

https://www.rainbowfamilies.com.au/

# **PFLAG**



Information, videos and resources for parents, families and friends on gender, body and sexual

https://pflagaustralia.org.au/

# **Phone Counselling**

# **OLife**

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

# **Beyond Blue**



1300 22 4636

# **Full Stop Australia**



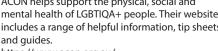
Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault or domestic violence. Includes specific services for those from the LGBTIQA+ community.

https://fullstop.org.au 1800 385 578



diverse children.

# **ACON**





Resources on pregnancy and being a new parent,



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.









