

Managing Your Mental Health Online During the Holidays

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources.
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

Telephone (24/7), online and email counselling.



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.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



FriendLine 1800 424 287

Volunteers "ready for a cuppa and a conversation" to support adults experiencing loneliness.



SANE Australia 1800 18 7263

One-off phone and online support for people with complex mental health needs.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for people with eating disorders.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling, information and moderated forums for youth (5-25 yrs).



ReachOut

Practical tools, support and moderated forums to help youth get through everyday issues or tough times and find further help.



The BRAVE Program

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



Bite Back

BITE BACK

Activities and positive psychology tools to promote resilience in young people.

Scan to download a free PDF version from the eMHPrac Website



www.emhprac.org.au

Programs



MindSpot

Clinician supported online programs for stress, anxiety, depression, PTSD, chronic pain, or a chronic physical health condition 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.



MoodGYM

A free, interactive program based on CBT and Interpersonal Therapy to help 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.



Centre for Clinical Interventions

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



Mumspace

Information and programs to help new parents feel confident in dealing with the emotional challenges of pregnancy and parenting.

Apps



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



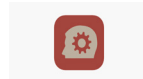
Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

An app and online tool that guides users in creating a safety plan with their mental health professional to assist them when experiencing suicidal thoughts.



HeadGear

An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge.

Aboriginal and Torres Strait Islanders



WellMob

Online social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islanders.



iBobbly

Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islanders.



13YARN

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