

# Managing Mental Health Online During the Holidays

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.

## National Mental Health Website

**HEAD TO HEALTH**

### Head to Health

A website that links Australians to free or low-cost online and phone mental health services.  
[headtohealth.gov.au](http://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.



### 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

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

## 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.



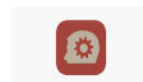
### Smiling Mind

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.



### 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 eMHPrac Website

