

## Counselling

Support to work through a problem.

### Blue Knot Foundation



☎ 1300 657 380 (9am-5pm)  
Information and phone counselling for adults affected by abuse, neglect, or violence.

### Butterfly Foundation



☎ 1800 33 4673  
Information, self-assessment, online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.

## Crisis Counselling

Support to work through severe distress or crisis.

**If you are in immediate danger, please call "000" or go to an emergency department.**

### Lifeline



☎ 13 11 14 (24/7)  
Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.

### Suicide Call Back Service



☎ 1300 659 467 (24/7)  
Online, telephone and video counselling for people (15yrs+) in Australia who are feeling suicidal or affected by suicide.

### 13YARN



☎ 13 92 76 (24/7)  
Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.

### 1800RESPECT



☎ 1800 737 732 (24/7)  
Phone, video, SMS and webchat counselling for anyone who has experienced, or is at risk of domestic, family, or sexual violence.

## Digital Mental Health

Digital mental health resources are online programs and tools, apps, and other phone and video-based platforms that deliver mental health support. They can be used alone or in combination with support from your GP or face-to-face therapy.

These resources are based on research evidence, free or low cost, and easy to access at a time that suits you, with just a phone or an internet connection. Some services even allow you to remain anonymous.

If you are unsure what type of support you need or you find that you need a bit more help, you might need a professional assessment to work out why you are feeling this way. Your GP, mental health professional or Aboriginal and Torres Strait Islander health worker is a great place to start.

### Medicare Mental Health



Connecting all Australians to mental health support.

### WellMob



Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

*This brief guide provides a list of digital mental health resources suitable for adults. This list is not exhaustive and represents only Australian products. For other relevant resources see Medicare Mental Health.*

*This guide is for general information purposes only and is not a substitute for professional mental health advice. For more information on mental health assessment or treatment, visit your GP or other mental health professional.*

*This brochure is not to be used for commercial purposes.*



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[www.emhprac.org.au](http://www.emhprac.org.au)

**eMHprac**  
E-MENTAL HEALTH IN PRACTICE

Digital Mental Health Resources  
for Adults



Download from the eMHPrac  
website

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## Psychological Intervention

A structured, interactive program or service that helps with a particular mental health concern.

+ Guided support available



### MindSpot

Mental health self-assessment tool, information and online treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, or chronic conditions.



### THIS WAY UP

\$59 OR FREE WITH REFERRAL



Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for teen (12-17yrs) depression/anxiety or adult depression, anxiety disorders, OCD, PTSD, insomnia, stress or chronic pain. Perinatal and student programs available.

### Mental Health Online



Online self-assessment, VR mindfulness tool, and 12-week treatment programs with optional therapist support for depression, anxiety conditions, OCD and PTSD (18yrs+).

### moodgym

An interactive, self-guided program for the prevention and management of symptoms of anxiety and depression.



### eCouch

Online self-directed programs to help manage depression, worry, social anxiety, or wellbeing through separation/divorce or grief and loss (16yrs+).



### Counselling Online

Webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum for people using alcohol and other drugs.



### MOST



An on-demand digital support service to help young people (12-25yrs) going through a tough time. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.

## Symptom Management and Wellbeing Tools

Tools to help cope with mental health symptoms or improve mental wellbeing.



### Mello

An app to help young people (16-25yrs) break free of "stuck thinking" such as worry or rumination.



### MoodMission

\$7.99

An app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.



### My Compass

A self-guided toolkit to help adults with anxiety, low mood, and stress better manage their wellbeing.



### Smiling Mind

Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.



### Beyond Now

App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.

## Information

Learn more about what is going on and what getting better looks like.



### Beyond Blue

Information, phone and webchat counselling, and peer support forums for people going through a tough time.



### Alcohol and Drug Foundation

Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.



### Blue Pages

Information on the symptoms of and treatments for depression, with self-assessment tools for depression and anxiety and links to other supports.

## Peer Support

Connect with others who have been in the same position.



### SANE

1800 187 263

Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.



### QLife

1800 184 527 (3pm-12am)

Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community.



### Daybreak

An app providing community support and tools to help people change their relationship with alcohol.



### eFriend

Phone or video connection to a peer worker for people feeling low, lonely or isolated.



### Parents Beyond Breakup Helpline

1300 853 437 (9am-4pm)

A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups or a volunteer.

## Screening and Referral

Check your symptoms and find further help.



### The Online Clinic

Mental health self-assessment and personalised feedback for adults (18yrs+) with free or low-cost suggested support services. Not a substitute for professional assessment or clinical advice.



### Inside Out Institute for Eating Disorders

Online self-assessment, information, and referral to face-to-face services for eating disorders.



### Alcohol and Drug Foundation 'Path2Help'

Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.