

## Counselling

Support to work through a problem.

### PANDA

☎ 1300 726 306

Phone and online support for parents and families during family planning, pregnancy and the first year of parenthood. Helpline available Monday to Friday, 9am to 7:30pm and Saturdays between 9am and 4pm.



### Mensline

☎ 1300 78 99 78 (24/7)

A telephone, video and online counselling service offering support to men in Australia.



## Crisis Counselling

Support to work through severe distress or crisis.

**If you or your baby 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 web-chat 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

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 children and their parents and caregivers. 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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**eMHprac**  
E-MENTAL HEALTH IN PRACTICE

**Digital Mental Health Resources  
for New and Expecting Parents**



**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



### Mum2BMoodBooster

Self-assessment and self-guided treatment program for women recovering from antenatal depression and anxiety.

### MumMoodBooster

An online self-assessment and self-guided treatment program for women recovering from postnatal depression and anxiety.



### 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 adults with 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+).



### ecouch

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

## Symptom Management and Wellbeing Tools

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



### MindMum

An app to help new and expectant mothers manage emotional challenges.



### What Were We Thinking!

An app and website to promote confidence, adjust to relationship changes, and reduce stress in new parents and caregivers adjusting to life with a baby.



### Baby Steps

Self-guided online program to enhance the wellbeing of new parents adjusting to life with a baby.



### SMS4dads

SMS support with tips for dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.



### Triple P Online

Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents of children with anxiety and families navigating divorce.



### Stress Less Tips

Tips to help support mental health and wellbeing by decreasing stress.

## Peer Support

Connect with others who have been in the same position.



### Beyond Blue

1300 22 4636 (24/7)

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



### 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.

## Information

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



### Raising Children Network

Guidance for families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.

## Screening and Referral

Check your symptoms and find further help.



### For When Helpline

1300 24 23 22

Mental health care referral phone line for new and expecting parents and caregivers. Available Mon-Fri, 9am to 4:30pm.

## Aboriginal and Torres Strait Islander People

Resources to support connection to Country, culture, spirituality, family and community.



### SMS4deadlydads

SMS support with tips for Aboriginal and Torres Strait Islander dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.



### Yarning SafeNStrong

1800 959 563 (24/7)

A service for Aboriginal and Torres Strait Islander People providing a safe space to yarn with someone about wellbeing, including financial wellbeing and drug and alcohol issues.



### Brother to Brother Crisis Line

1800 435 799 (24/7)

Crisis phone support line for Aboriginal men struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.