

Managing Mental Health Online

Medicare Mental Health

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Connecting all Australians to mental health support.

WellMob



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

For Adults

Crisis



Lifeline

☎ 13 11 14 (24/7)

Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

THIS WAY UP

\$59 OR FREE WITH REFERRAL



Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for teens (12-17yrs) with depression/anxiety or adults (18yrs+) with depression, anxiety disorders, OCD, PTSD, insomnia, stress or chronic pain. Perinatal and student programs available.



myCompass

A self-guided toolkit to help adults (18yrs+) with anxiety, low mood, and stress to better manage their wellbeing.



Counselling Online

Information, webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum (18yrs+) for people affected by alcohol and other drugs, including support people.



MindSpot

Mental health self-assessment tool (with feedback), information and online treatment programs with optional therapist guided support for adults (18yrs+) with anxiety & depression, OCD, PTSD, sleep issues, chronic pain, or chronic conditions.



Mental Health Online

Self-guided or therapist-guided mental health intervention programs for adults (18yrs+) with various mental health concerns, including depression, anxiety conditions, OCD and PTSD. Virtual reality (VR) mindfulness tool.



MoodMission

An app for all ages (adolescents and older) to learn new strategies to cope with stress, low moods, and anxiety.

\$7.99



SANE

☎ 1800 187 263 (Mon-Fri 10am-8pm)

Counselling, peer support and information for adults (18yrs+) with recurring, persistent or complex mental health issues and their support people.

For Young People

Crisis



Kids Helpline

☎ 1800 55 1800 (24/7)

Webchat and phone counselling and information service for young people (5-15yrs).



The BRAVE Program

Self-guided programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.



MOST

An on-demand digital support service to help young people (12-25yrs) going through a tough time.



Momentum

Tailored self-guided online intervention programs for young people (7-17yrs) to manage feelings of anxiety and unhappiness. Parent registration is required for young people under 16.



Sleep Ninja

An app to help young people (12-16yrs) improve their sleep quality.



Mello

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

For Aboriginal and Torres Strait Islander People

Crisis



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.



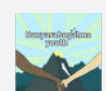
Dreamy

Sleep stories from First Nations storytellers to help with sleep difficulties.



Headspace Yarn Safe

Resources for young Aboriginal and Torres Strait Islander People (12-25yrs) on mental wellbeing, stress and pressure, relationships and alcohol and drugs.



Bunyarabugalma Youth

App developed with and by young Indigenous People (12-25yrs) in Bundjalung Country to strengthen wellbeing.

This brief guide is intended for health professionals to use as a reference guide or as a resource to share with patients or clients. Other professionals are welcome to use or share this resource for general information purposes and within the scope of their professional role.