

You are not alone

Stress, fear, sadness and worry are normal feelings that we all experience at different times in our life.

It's part of how we respond to the challenges we go through. But when these feelings are constant and don't go away, they become a problem and can have a serious impact on our daily life.

MindSpot is here to support you.

We are a free, digital mental health clinic for all Australians. We provide online assessment and treatment to Australian adults experiencing anxiety, depression, OCD, PTSD, and difficulties managing the impacts of chronic conditions including pain.



Start your free assessment with us today at:

mindspot.org.au

Stressed, worried, feeling low?

MindSpot can help.

If you have any questions about our service, please call **1800 614 434**

MindSpot is not a crisis service. If you are feeling suicidal or need urgent help please phone:

Lifeline **13 11 14**

Suicide Call Back Service **1300 659 467**

Emergency services **000**

MindSpot

MindSpot is funded by the Australian Government



MindSpot

Online and telephone treatment for anxiety and depression

How can MindSpot help?

We are a trusted provider of online assessments and treatments to support your mental health. Our services have been clinically-proven in research trials, and provide you with a safe and confidential way to improve your mental health from the comfort of your home.

More than 30,000 Australians have enrolled in MindSpot treatment courses. Satisfaction levels with our courses are more than 95%, and on average, most people experience a 50% or more reduction in their symptoms of anxiety and depression.



How our treatments work

Adults aged 18 years and older can choose between tele-therapy or an online treatment course. We offer eight different online treatment courses designed to help people learn skills to manage their symptoms. All of our services are free of charge and delivered by our expert therapists.

Delivered by a team of friendly therapists, our online and telephone treatment options make it easier to access care when and where you need it:

✓ FAST

After completing an online assessment and receiving immediate results, you can schedule a call with a therapist to discuss your treatment options.

✓ CONVENIENT

Our services are delivered securely and safely online and via telephone, meaning you can access treatment from anywhere.

✓ FREE

MindSpot is government-funded, meaning our services are free of charge.

Getting started with MindSpot

1 START YOUR ASSESSMENT

Access our services and start your assessment to learn more about your symptoms at mindspot.org.au

2 UNDERSTANDING YOUR SYMPTOMS

To help us better understand how you're feeling and how we can help you, we'll ask you to complete a simple online assessment. Your results will be available instantly on a personalised dashboard.

3 STARTING TREATMENT

You can schedule a call with a qualified therapist to discuss your assessment results and the treatments available, or self-enrol in treatment at any time.

