

# Managing Your Mental Health Online

## National Mental Health Website



### Head to Health

A website that links Australians to free or low-cost online and phone mental health services.  
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

24/7 telephone, online and email counselling, and moderated forums.



### 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.



### Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for people with eating disorders.



### Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



### SANE Australia 1800 18 7263

Phone and online support for people with complex mental health needs.

## Young People



### Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



### ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



### The BRAVE Program

Online program for anxiety in children and teens, with parent-support modules.



### BITE BACK

Free online activities, information and positive psychology aiming to promote wellbeing and resilience in young people.



### headspace

Resources, information and online and phone support for young people and their families.

## Programs



### MindSpot

Free clinician supported online programs for stress, worry, anxiety, depression, PTSD, chronic pain and chronic health conditions 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. It's also appropriate for people who simply want to build good mental health.



### MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and 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.



### Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



### Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

## Apps



### HeadGear

An app with activities and challenges to build wellbeing and reduce depression and anxiety.



### MoodMission

An app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



### Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



### BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

## Aboriginal and Torres Strait Islanders



### WellMob

Online social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islanders.



### Stay Strong

Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease, or substance misuse problems.



### 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 eMHPPrac Website

