

# Managing Your Mental Health Online

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to free or low-cost online and phone mental health services, information and resources.  
[headtohealth.gov.au](http://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

Telephone (24/7), online and email counselling, and moderated forums.



#### 1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking for domestic violence situations.



#### MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



#### QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



#### Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



#### SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



#### FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

## Apps



#### MoodMission

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



#### Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



#### 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

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people.



#### iBobbly

Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

## Programs



#### MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



#### THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



#### 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.



#### ParentWorks

Online program for parents and caregivers providing evidence-based parenting strategies.



#### Centre for Clinical Interventions

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

## Young People



#### Kids Helpline 1800 55 1800

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



#### Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



#### eheadsace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



#### ReachOut

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



#### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



#### BITE BACK

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