



# eMHprac

E-MENTAL HEALTH IN PRACTICE

## A Guide to Digital Mental Health Resources

February 2021

[www.emhprac.org.au](http://www.emhprac.org.au)

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## Digital Mental Health

Digital Mental Health (e-mental health) comprises services, programs or apps, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

## Funded by the Australian Government

The eMHPrac e-Mental Health in Practice Project is funded by the Australian Government and aims to raise health practitioner awareness and knowledge of digital mental health through the provision of free training and support to GP's, Allied Health professionals, service providers working with Aboriginal and Torres Strait Islander people, and a range of other practitioners. eMHPrac is led by Queensland University of Technology in partnership with Black Dog Institute, Menzies School of Health Research and University Centre for Rural Health, University of Sydney.

Contact us at: [emhprac@qut.edu.au](mailto:emhprac@qut.edu.au)

## The eMHPrac Resource Guide

The eMHPrac Resource Guide for Practitioners provides a useful overview of various Australian online and teleweb programs. All listed programs have been developed by credible sources, such as the Australian Government, universities, and national non-government organisations.

Each program is described using the following codes:

- R** = Requires registration with name/email
- CT** = Counsellor/Coach/Therapist assistance included or available
- HP** = Separate Health Practitioner access available
- F** = Free to access/no cost

## This list is current as at February 2021

### **DISCLAIMER:**

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

## Evidence

Australia is an international leader in the development of digital mental health resources and there are now a range of reputable Australian institutions and organisations providing online mental health treatment programs, information, and phone and web-based support.<sup>1</sup>

The growth of digital technologies enables those experiencing mental health conditions to have greater access and engagement with psychological treatment.<sup>2,3</sup> Online delivery has a number of advantages for both clinicians and clients, including anonymity, convenience and cost-effectiveness.<sup>5</sup>

There is now considerable research showing that internet-delivered cognitive behavioural therapy programs are an effective, acceptable and practical form of health care for anxiety, depressive disorders, panic disorder, post-traumatic stress disorder, insomnia, pain management and phobias.<sup>5,6,7</sup> These programs can be as effective as face-to-face treatment, particularly if there is additional practitioner support.<sup>6,7</sup> The expansion of online mental health resources has broadened the range of programs available to include a variety of mental health conditions and specific and general populations.

Caution needs to be exercised when utilising health intervention apps. There is substantial interest in health apps due to the large number available, however research shows that the majority lack methodological rigour.<sup>2,8,9</sup> Limited information is available about apps beyond user reviews and star ratings which can be manipulated.<sup>8</sup> It is important to assess quality and efficacy of the app and understand who has developed it, and if it is informed by research evidence.<sup>9</sup> Trusted digital mental health services should be delivered with strong clinical, operational and organisational governance.<sup>10</sup>

More journal articles on digital mental health can be found in the evidence site on our website: [www.emhprac.org.au](http://www.emhprac.org.au)

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## **Head to Health** **headtohealth.gov.au**

Head to Health is a digital mental health gateway launched by the Australian Government in October 2017. It connects Australians to evidence-based and peer-reviewed online resources, either for yourself, for someone else or as a health practitioner.

Services and resources listed on Head to Health are delivered by trusted mental health service providers. They include free or low-cost apps, online support communities, online courses and phone services that are private and secure. Head to Health is helpful when seeking support for a mental health condition, it also provides information about staying mentally well.

### **Six Ways Head to Health Can Help You**

#### **1. Find Australian mental health resources**

Australia has great mental health services and resources, but it can be tough finding the ones that suit you best. We've made your search easier by hand-picking resources from publicly funded providers.

#### **2. Discover 4 types of digital resources**

Online resources can be convenient, private and effective — and many are completely free! Not only can you find websites with solid information and advice, but you can also use apps and programs to build skills and track progress, share stories in online forums, and get confidential support through phone, email, and chat services.

#### **3. Not sure what you're looking for?**

If you don't know where to begin, we've developed a little tool called Sam the Chatbot. Answer some of Sam's questions, and you will be pointed in the right direction.

#### **4. Get immediate support**

If you need to talk to someone now, we have a list of phone and webchat contacts you can use to get immediate support.

#### **5. Help yourself help someone else**

Supporting someone with a mental health issue can be challenging. We have advice on how to support someone else, as well as links to resources that will help you take care of yourself.

#### **6. See the bigger picture**

Head to Health gives you a bird's eye view on the topic of mental health with sections on meaningful life, mental health difficulties, supporting yourself, and supporting someone else.

## How can digital mental health resources help your service?

Digital mental health services and programs allow Australians to access mental health information and support from any place, at any time. Digital mental health services are useful tools that can enhance access and availability of mental health support by extending and optimising the work done in session or be used alongside other forms of therapy or support.

### Digital Mental Health Training and Supports for Practitioners

#### The eMHPrac website

<http://www.emhprac.org.au>

Visit our website for updated information about resources, fact sheets, webinars, evidence and upcoming events. This Resource Guide is available as a PDF on our website, and requests for hard copies can also be made via our website order form.

Black Dog Institute offers face-to-face workshops to GPs. They also offer comprehensive range of webinars and online training for GPs and Allied Health practitioners. These resources can be accessed via the eMHPrac website and also the Black Dog Institute website at: <http://www.blackdoginstitute.org.au/education-training/health-professionals/mental-health-in-practice>

### Tips for Using Digital Mental Health in Your Practice

#### When looking to use digital mental health ask yourself:

1. Why are you recommending/referring/using a digital mental health tool with your client? What will they get out of it (benefits)?
2. How will it be utilised? I.e. self guided, therapist supported, between sessions, follow up etc.
3. What are the challenges, barriers or issues of use? You may need to revise which program is being suggested.

#### Practical issues to consider regarding digital mental health programs

1. Cost
2. Usability and functionality—ease of access and use
3. If it can only be used online
4. What kind of device the program works best on i.e. smartphone, tablet, desktop etc.
5. What operating system (iOS, Android, Windows) does the program need
6. User's technological knowledge and experience
7. Security of the program and the information it collects (i.e. registration)

<b>CRISIS*</b>		*N.B. The services below are general Crisis services. For more specific phone or web counselling services, please search using Diagnosis or Specialist Target Group.
<b>1800 RESPECT</b> Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.	<a href="http://www.1800respect.org.au/">http://www.1800respect.org.au/</a> 1800 737 732	
<b>Beyond Blue Support Service</b> Telephone, online and email counselling for people going through a tough time.	<a href="http://www.beyondblue.org.au/get-support/get-immediate-support">http://www.beyondblue.org.au/get-support/get-immediate-support</a> 1800 224 636	
<b>Griefline</b> Pphone and online counselling services, and moderated forums for individuals and families who are experiencing loss and grief.	<a href="http://www.griefline.org.au/">http://www.griefline.org.au/</a> 1300 845 745	
<b>Kids Helpline</b> Phone and real time web-based crisis support.	<a href="http://www.kidshelpline.com.au/">http://www.kidshelpline.com.au/</a> 1800 55 1800	
<b>Lifeline Crisis Support</b> Phone and real time online crisis support.	<a href="http://www.lifeline.org.au/crisis-chat/">http://www.lifeline.org.au/crisis-chat/</a> 13 11 14	
<b>Mensline Australia</b> Advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling.	<a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78	
<b>No To Violence</b> Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/ friends/family members).	<a href="https://www.ntv.org.au">https://www.ntv.org.au</a> 1300 766 491	
<b>Rape and Domestic Violence Services Aus.</b> Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault, domestic violence or LGBTIQ+ violence.	<a href="https://www.rape-dvservices.org.au/">https://www.rape-dvservices.org.au/</a>	
<b>Samaritans Crisis Line</b> Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.	<a href="http://www.thesamaritans.org.au/">http://www.thesamaritans.org.au/</a> 135 247	
<b>Suicide Call Back Service</b> Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.	<a href="http://www.suicidecallbackservice.org.au/">http://www.suicidecallbackservice.org.au/</a> 1300 659 467	

<p><b>NATURAL DISASTERS*</b></p> <p><small>*Some of these sites are listed elsewhere in this guide, but are included here due as they have developed disaster-specific resources.</small></p>	
<p><b>Australian Psychological Society</b> A guide to Psychological first aid, supporting people affected by disaster.</p>	<p><a href="https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster">https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster</a></p>
<p><b>Beyond Blue</b> Get information on: support following a traumatic event, bushfires and mental health, looking after yourself and police and emergency services personnel mental health.</p>	<p><a href="http://www.beyondblue.org.au/the-facts/bushfires-and-mental-health/">www.beyondblue.org.au/the-facts/bushfires-and-mental-health/</a></p>
<p><b>Black Dog Institute Bushfire Support Service</b> Information on coping with the stress of bushfires and finding support.</p>	<p><a href="https://bushfiresupport.blackdoginstitute.org.au/">https://bushfiresupport.blackdoginstitute.org.au/</a></p>
<p><b>Emerging Minds</b> A trauma toolkit for communities, families and individuals, recovering from a traumatic event.</p>	<p><a href="https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/">https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</a></p>
<p><b>Headspace</b> Information for young people on coping with natural disasters.</p>	<p><a href="https://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters/?stage=Live">https://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters/?stage=Live</a></p>
<p><b>ifarmwell</b> A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day.</p>	<p><a href="http://www.ifarmwell.com.au">http://www.ifarmwell.com.au</a></p>
<p><b>Kids Helpline</b> Phone and real time web-based crisis support for youth (5-25 years), and information on coping with natural disasters.</p>	<p><a href="http://www.kidshelpline.com.au/teens/issues/coping-natural-disasters">http://www.kidshelpline.com.au/teens/issues/coping-natural-disasters</a> 1800 55 1800</p>
<p><b>Lifeline - Information and Support</b> Phone and real time online crisis support.</p>	<p><a href="http://www.lifeline.org.au/get-help/information-and-support">http://www.lifeline.org.au/get-help/information-and-support</a> 13 11 14</p>
<p><b>Open Arms</b> Information for Australian veterans and their families on how to cope with bushfires with resilience.</p>	<p><a href="http://www.openarms.gov.au/about/news/2020/bushfires-resilience-and-recovery">http://www.openarms.gov.au/about/news/2020/bushfires-resilience-and-recovery</a></p>



## NATURAL DISASTERS\*

\*Some of these sites are listed elsewhere in this guide, but are included here as they have developed disaster-specific resources.

<p><b>ParentLine</b> Tips and information to help families with children cope with a crisis or disaster.</p>	<p><a href="https://parentline.com.au/kids/issues/coping-crisis-or-disaster">https://parentline.com.au/kids/issues/coping-crisis-or-disaster</a></p>
<p><b>Peak Fortem</b> Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p>	<p><a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>
<p><b>Phoenix Australia Centre for Posttraumatic Mental Health</b> Resources for health practitioners, first responders and the community to help people recover from traumatic events.</p>	<p><a href="https://www.phoenixaustralia.org/recovery/helping-others/">https://www.phoenixaustralia.org/recovery/helping-others/</a></p>
<p><b>ReachOut</b> Get information on: managing your wellbeing, how to deal with the stress of natural disasters and helping teens deal with stress from a natural disaster.</p>	<p><a href="https://au.reachout.com/articles/how-to-deal-with-the-stress-of-bushfires-floods-earthquakes-and-cyclones">https://au.reachout.com/articles/how-to-deal-with-the-stress-of-bushfires-floods-earthquakes-and-cyclones</a></p>
<p><b>ReachOut Digital Drought Care Package</b> Practical tips, personal stories and links to drought support services to help young people and their parents or carers, deal with the stress from the drought.</p>	<p><a href="http://reachout.com/drought">http://reachout.com/drought</a></p>

# E-Mental Health Resources by Diagnosis

<b>ANXIETY</b> <b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost	R	CT	HP	F
<b>Beyond Blue Online Forum</b> Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•
<b>BITE BACK</b> Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. <a href="http://www.biteback.org.au">http://www.biteback.org.au</a>	•			•
<b>The BRAVE Program</b> Online program to help children and teenagers (3 -7yrs) overcome anxiety. Comprised of both youth and parent components. <a href="https://www.brave-online.com/">https://www.brave-online.com/</a>	•	•		•
<b>Centre for Clinical Interventions</b> <i>'Anxiety'; 'Health Anxiety'; 'Panic'; 'Perfectionism'; 'Social Anxiety'; 'Worry and Rumination'</i> Self-help workbooks and modules for a range of mental health issues. <a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a>				•
<b>Cool Little Kids Online</b> A program for parents of shy or anxious children (3-6yrs) that helps to build parents' knowledge and practical skills to help increase thier child's confidence. <a href="https://coollittlekids.org.au/login">https://coollittlekids.org.au/login</a>	•	•		
<b>eCentre Clinic</b> The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. <a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a>	•	•		•
<b>E-Couch</b> A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. <a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a>	•			•

ANXIETY	R	CT	HP	F
<p><b>Mental Health Online</b></p> <p>'Generalised Anxiety Disorder'; 'Made-4-Me, a tailored program'; 'Obsessive Compulsive Disorder'; 'Panic Disorder with or without Agoraphobia'; 'Post Traumatic Stress Disorder'; 'Social Anxiety'</p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p> <p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>	•	•	•	•
<p><b>MindSpot Clinic</b></p> <p>'Mood mechanic'; 'OCD'; 'PTSD'; 'Indigenous wellbeing'; 'Wellbeing'; 'Wellbeing Plus'</p> <p>Online courses to help adults learn how to manage symptoms of anxiety. Includes assessment, feedback and therapist support.</p> <p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•
<p><b>MoodGYM</b></p> <p>A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety.</p> <p><a href="http://www.moodgym.com.au">http://www.moodgym.com.au</a></p>	•		•	•
<p><b>myCompass</b></p> <p>An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.</p> <p><a href="http://www.mycompass.org.au/">http://www.mycompass.org.au/</a></p>	•			•
<p><b>My Digital Health</b></p> <p>'Life flex'; 'Life Flex tailored for LGBTQ adults'; 'Life Flex 4 PTSD'; 'iChooseWell'; 'iMindTime'</p> <p>A biopsychosocial web &amp; mobile-based intervention program for anxiety and depression.</p> <p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•
<p><b>NewAccess</b></p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p> <p><a href="http://www.beyondblue.org.au/get-support/newaccess">http://www.beyondblue.org.au/get-support/newaccess</a></p>	•	•		•

ANXIETY	R	CT	HP	F
<p><b>OCD &amp; Anxiety Helpline</b></p> <p>A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.  <a href="http://www.arcvic.org.au/our-services/helpline">http://www.arcvic.org.au/our-services/helpline</a>                      1300 269 438 OR (03) 9830 0533</p>				
<p><b>OCD? Not Me!</b></p> <p>Online program including information, practical skills and support for young people (12-18yrs) with OCD.  <a href="http://www.ocdnotme.com.au/">http://www.ocdnotme.com.au/</a></p>				
<p><b>ReachOut Breathe</b></p> <p>An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with help from your mobile phone (iOS) or Apple Watch.  <a href="http://www.au.reachout.com/tools-and-apps/reachout-breathe">http://www.au.reachout.com/tools-and-apps/reachout-breathe</a></p>				
<p><b>ReachOut WorryTime</b></p> <p>An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.  <a href="https://au.reachout.com/tools-and-apps/reachout-worrytime">https://au.reachout.com/tools-and-apps/reachout-worrytime</a></p>				
<p><b>Sane Australia</b></p> <p>Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support.  <a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>				
<p><b>This Way Up</b></p> <p>'Health Anxiety'; 'Intro to Mindfulness (free)'; 'Mindfulness-Based CBT'; 'Mixed Depression and Anxiety'; 'OCD'; 'Panic Attacks'; 'Post-Traumatic Stress (free)'; 'Social Anxiety'; 'Student Wellbeing (free)'; 'Teen Mental Health (free)'; 'Worry'</p> <p>Online and app CBT courses for anxiety and other issues. Self help and clinician assisted options available.  <a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>				

# E-Mental Health Resources by Diagnosis

BIPOLAR DISORDER	R: Requires registration with name/email	CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available	F: Free to access/no cost	R	CT	HP	F
<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.  <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>	•			•				
<p><b>Bipolar Australia</b></p> <p>Information, booklets and resources about Bipolar Disorder, including information for families and carers.  <a href="http://www.bipolaraustralia.org.au/">http://www.bipolaraustralia.org.au/</a></p>				•				
<p><b>Black Dog Institute</b></p> <p><i>'Bipolar Disorder'</i></p> <p>Comprehensive information on diagnosis, causes and treatment of Bipolar Disorder, including a Bipolar Disorder self-test.  <a href="http://www.blackdoginstitute.org.au/resources-support/bipolar-disorder/">http://www.blackdoginstitute.org.au/resources-support/bipolar-disorder/</a></p>				•				
<p><b>Centre for Clinical Interventions</b></p> <p><i>'Bipolar'</i></p> <p>Self-help workbooks and modules for a range of mental health issues.  <a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>				•				
<p><b>Sane Australia</b></p> <p>Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support.  <a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>	•			•				

DEPRESSION	R	CT	HP	F
<p><b>R:</b> Requires registration with name/email  <b>CT:</b> Counsellor/Coach/Therapist assistance  <b>HP:</b> Separate Health Practitioner access available  <b>F:</b> Free to access/no cost</p>				
<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.  <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>	•			•
<p><b>BITE BACK</b></p> <p>Positive psychology activities to improve resilience and wellbeing in young people aged 12-18.  <a href="http://www.biteback.org.au">http://www.biteback.org.au</a></p>	•			•
<p><b>Centre for Clinical Interventions</b></p> <p><i>'Depression'; 'Self-Compassion'; 'Self-Esteem'; 'Sleep'; 'Tolerating Distress'</i></p> <p>Self-help workbooks and modules for a range of mental health issues.  <a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>				•
<p><b>eCentre Clinic</b></p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs.  <a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>	•	•		•
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.  <a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>	•			•
<p><b>iBobbly</b></p> <p>A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.  <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>	•			•

DEPRESSION	R	CT	HP	F
<p><b>Mental Health Online</b></p> <p><i>'Depression'; 'Made-4-Me, a tailored program'</i></p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p> <p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>	•	•	•	•
<p><b>MindSpot Clinic</b></p> <p><i>'Indigenous wellbeing'; 'Mood mechanic'; 'Wellbeing'; 'Wellbeing plus'</i></p> <p>Online courses to help adults learn how to manage symptoms of depression. Includes assessment, feedback and therapist support.</p> <p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•
<p><b>MoodGYM</b></p> <p>A free, interactive self help program for preventing and coping with depression and anxiety. Teaches self-help skills drawn from cognitive behaviour therapy.</p> <p><a href="http://www.moodgym.anu.edu.au/welcome">http://www.moodgym.anu.edu.au/welcome</a></p>	•		•	•
<p><b>myCompass</b></p> <p>An online self-help program for people with mild to moderate depression, anxiety and stress.</p> <p><a href="http://www.mycompass.org.au">http://www.mycompass.org.au</a></p>	•			•
<p><b>My Digital Health</b></p> <p><i>'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for anxiety and depression.</p> <p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•
<p><b>NewAccess</b></p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p> <p><a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>	•	•		•
<p><b>The Ripple Effect</b></p> <p>An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.</p> <p><a href="http://www.therippleeffect.com.au/">http://www.therippleeffect.com.au/</a></p>	•			•

DEPRESSION	R	CT	HP	F
<p><b>Sane Australia</b></p> <p>Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support. <a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>	•			•
<p><b>This Way Up</b></p> <p><i>'Depression'; 'Health Anxiety'; 'Intro to Mindfulness (free)'; 'Mixed Depression and Anxiety'; 'Teen Mental Health (free)'</i></p> <p>Online and app CBT courses for depression and issues. Self help and clinician assisted options available. <a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	



EATING DISORDERS	R	CT	HP	F
<p><b>The Butterfly Foundation</b></p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones.</p> <p><a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>		•	•	•
<p><b>Centre for Clinical Interventions</b></p> <p><i>'Appearance Concerns'; 'Body Dysmorphia'; 'Disordered Eating'</i></p> <p>Self-help workbooks and modules for a range of mental health issues.</p> <p><a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>				•
<p><b>Eating Disorders Carer Help Kit</b></p> <p>Detailed information on supporting someone with an eating disorder.</p> <p><a href="https://eatingdisorderscarerhelpkit.com.au/">https://eatingdisorderscarerhelpkit.com.au/</a></p>				•
<p><b>Eating Disorders Queensland</b></p> <p>Free information, downloads, videos and other resources on eating disorders.</p> <p><a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a></p>				•
<p><b>Eating Disorders Victoria</b></p> <p>Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).</p> <p><a href="https://www.eatingdisorders.org.au/">https://www.eatingdisorders.org.au/</a> 1300 550 236</p>		•		•
<p><b>Eating Disorders Families Australia</b></p> <p>An information website for families/carers of people with an eating disorder.</p> <p><a href="https://www.edfa.org.au">https://www.edfa.org.au</a></p>				•
<p><b>Inside Out Institute for Eating Disorders</b></p> <p>Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers.</p> <p><a href="http://www.insideoutinstitute.org.au/">http://www.insideoutinstitute.org.au/</a></p>			•	•
<p><b>The Shared Table</b></p> <p>Free online meal support training program to assist carers in the provision of meal support.</p> <p><a href="https://edgsharedtable.com.au/">https://edgsharedtable.com.au/</a></p>	•			•

GRIEF AND LOSS	<b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost			
	R	CT	HP	F
<b>Beyond Blue Online Forum</b> Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•
<b>E-Couch</b> A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies. <a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a>	•			•
<b>Griefline</b> Phone and online counselling services, and moderated forums for individuals and families who are experiencing loss and grief. <a href="https://griefline.org.au/">https://griefline.org.au/</a> 1300 845 307		•		•
<b>Guiding Light</b> <i>'Bereavement support line'</i> 24 hour support line for individuals and families grieving the death of a child. <a href="http://rednosegriefandloss.com.au/support">http://rednosegriefandloss.com.au/support</a> 1300 308 307				•
<b>Sands</b> Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death. <a href="http://www.sands.org.au/">http://www.sands.org.au/</a> 1300 072 637				•

PHYSICAL HEALTH AND DISABILITY	R	CT	HP	F
<p><b>Cancer Counselling Service (Cancer Council QLD)</b></p> <p>Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends).  <a href="https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/">https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/</a> 07 3634 5248 or 13 11 20</p>	•	•	•	•
<p><b>CanTeen</b></p> <p>Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.  <a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 support@canteen.org.au</p>	•	•	•	•
<p><b>CanTeen Connect</b></p> <p>An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community.  <a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a></p>	•			•
<p><b>Carer Coach</b></p> <p>A five module training series developed by Arafmi, to help mental health carers and the people they care for navigate the NDIS.  <a href="https://carercoach.com.au/">https://carercoach.com.au/</a></p>	•			•
<p><b>Centre for Clinical Interventions</b></p> <p>'Health Anxiety'; 'Sleep'                      Self-help workbooks and modules for a range of mental health issues.  <a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a></p>				•
<p><b>Dementia Australia</b></p> <p>Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.  <a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a></p>		•		•
<p><b>eCentre Clinic</b></p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs.  <a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>	•	•		•

PHYSICAL HEALTH AND DISABILITY	R	CT	HP	F
<p><b>Finding My Way</b></p> <p>An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.  <a href="http://www.findingmyway.org.au/">http://www.findingmyway.org.au/</a></p>	•			•
<p><b>Healthy Mind</b></p> <p>An online Easy Read tool by Black Dog Institute designed to help people with intellectual disability to recognise and regulate their thoughts and feelings.  <a href="https://www.healthymind.org.au/#">https://www.healthymind.org.au/#</a></p>				•
<p><b>Livewire</b></p> <p>A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability.  <a href="https://livewire.org.au/">https://livewire.org.au/</a></p>	•			•
<p><b>MindSpot Clinic</b></p> <p><i>'Chronic pain'</i></p> <p>Online courses for pain and a range of issues. Includes assessment, feedback and therapist support.  <a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•
<p><b>My Digital Health</b></p> <p><i>'iSleepWell'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for insomnia.  <a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•
<p><b>Recharge</b></p> <p>A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine.  <a href="https://au.reachout.com/tools-and-apps/recharge">https://au.reachout.com/tools-and-apps/recharge</a></p>				•
<p><b>Stay Strong</b></p> <p>Therapist-guided tablet app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.  <a href="https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/">https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/</a></p>	•		•	•

PHYSICAL HEALTH AND DISABILITY	R	CT	HP	F
<p><b>Sunny App</b></p> <p>1800RESPECT's support app for women with disability who have experienced violence and abuse.</p> <p><a href="https://www.1800respect.org.au/sunny">https://www.1800respect.org.au/sunny</a></p>				•
<p><b>This Way Up</b></p> <p><i>'Chronic pain'; 'Health Anxiety'; 'Managing Insomnia (free)'</i></p> <p>App and online CBT courses for pain and other issues. Self help and clinician-assisted options available.</p> <p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	

RELATIONSHIPS	R	CT	HP	F
<p><b>1800RESPECT</b></p> <p>24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence.  <a href="http://www.1800respect.org.au/">http://www.1800respect.org.au/</a> 1800 737 732</p>		•		•
<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.  <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>	•			•
<p><b>Breakup Shakeup</b></p> <p>A behavioural activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup.  <a href="https://apps.apple.com/au/app/breakup-shakeup/id1017200579">https://apps.apple.com/au/app/breakup-shakeup/id1017200579</a></p>				•
<p><b>Changing for Good</b></p> <p>Telephone counselling and online support to help men stop using violence in their family and relationships. Men must have completed a behaviour change program in the previous 6 months.  <a href="http://mensline.org.au/changingforgood/what-is-changing-for-good/">http://mensline.org.au/changingforgood/what-is-changing-for-good/</a></p>	•	•		•
<p><b>Chats for Life</b></p> <p>An app to help you to plan a conversation with someone that you may be concerned about.  <a href="https://apps.apple.com/au/app/chats-for-life/id1245065245">https://apps.apple.com/au/app/chats-for-life/id1245065245</a></p>				•
<p><b>The Check-in app - Youth Beyond Blue</b></p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.  <a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>				•
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.  <a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>	•			•
<p><b>Mensline Australia</b></p> <p>24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling.  <a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78</p>		•		•

RELATIONSHIPS	R	CT	HP	F
<p><b>Niggle</b></p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.  <a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>	•			•
<p><b>No To Violence</b></p> <p>Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).  <a href="http://www.ntv.org.au">http://www.ntv.org.au</a>   300 766 491</p>		•		•
<p><b>Parents Beyond Breakup</b></p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.  <a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a>   300 853 437</p>				•
<p><b>Rape and Domestic Violence Services Australia</b></p> <p>Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault. Includes specific services for those affected by the Royal Commission, those affected by domestic violence, and anyone from the LGBTIQ+ community.  <a href="http://www.rape-dvservices.org.au/">http://www.rape-dvservices.org.au/</a></p>		•		•
<p><b>Relationships Australia</b></p> <p>Information, tips and advice on relationship issues.  <a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a></p>				•
<p><b>YourCrew</b></p> <p>An app that allows young people to ask for help when they need it most, from people they know and trust.  <a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a></p>				•

<b>STRESS/ WELLBEING</b>  <b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost	R	CT	HP	F
<b>Act-Belong-Commit</b>  An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life. <a href="http://www.actbelongcommit.org.au/">http://www.actbelongcommit.org.au/</a>				•
<b>Beyond Blue Online Forum</b>  Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•
<b>BITE BACK</b>  Positive psychology activities to improve resilience and wellbeing in young people aged 12-18. <a href="http://www.biteback.org.au">http://www.biteback.org.au</a>	•			•
<b>Centre for Clinical Interventions</b>  <i>'Anxiety'; 'Assertiveness'; 'Depression'; 'Perfectionism'; 'Procrastination'; 'Self Compassion'; 'Self Esteem'; 'Sleep'; 'Tolerating Distress'; 'Worry and Rumination'</i>  Self-help workbooks and modules for a range of mental health issues. <a href="http://www.cci.health.wa.gov.au/resources/looking-after-yourself">http://www.cci.health.wa.gov.au/resources/looking-after-yourself</a>				•
<b>The Desk</b>  Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. <a href="http://www.thedesk.org.au/">http://www.thedesk.org.au/</a>	•			•
<b>eCentre Clinic</b>  The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. <a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a>	•	•		•



STRESS/WELLBEING	R	CT	HP	F
<p><b>HeadGear</b></p> <p>An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge. Available on both Google Play and the App Store.</p> <p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/</a></p>				•
<p><b>High Res</b></p> <p>An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back.</p> <p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/high-res-app">https://www.openarms.gov.au/resources/apps-and-online-resources/high-res-app</a></p>				•
<p><b>iBobbly</b></p> <p>A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.</p> <p><a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>				•
<p><b>ifarmwell</b></p> <p>A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day.</p> <p><a href="http://www.ifarmwell.com.au">http://www.ifarmwell.com.au</a></p>	•			•
<p><b>Mental Health Online</b></p> <p><i>'Made-4-Me, a tailored program'</i></p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p> <p><a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>	•	•	•	•
<p><b>Mindgauge</b></p> <p>An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle.</p> <p><a href="https://apps.apple.com/au/app/mindgauge/id1091408335">https://apps.apple.com/au/app/mindgauge/id1091408335</a></p> <p><a href="https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU">https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU</a></p>				•
<p><b>MindSpot Clinic</b></p> <p><i>'Indigenous wellbeing'; 'Mood mechanic'; 'Wellbeing'; 'Wellbeing plus'</i></p> <p>Online courses for a range of issues. Includes assessment, feedback and therapist support.</p> <p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•

STRESS/WELLBEING	R	CT	HP	F
<p><b>MoodMission</b></p> <p>An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.  <a href="http://www.moodmission.com/">http://www.moodmission.com/</a></p>	•			•
<p><b>MoodPrism</b></p> <p>An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health.  <a href="http://www.moodprismapp.com/">http://www.moodprismapp.com/</a></p>				•
<p><b>myCompass</b></p> <p>An online self-help program for people with mild to moderate depression, anxiety and stress.  <a href="http://www.mycompass.org.au">http://www.mycompass.org.au</a></p>	•			•
<p><b>My Digital Health</b></p> <p><i>'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'iChooseWell'; 'iMindTime'; 'iSleepWell'; 'Monitor Me'</i></p> <p>A biopsychosocial web &amp; mobile-based intervention program for a range of issues.  <a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•
<p><b>NewAccess</b></p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.  <a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>	•	•		•
<p><b>New Roots</b></p> <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia.  <a href="http://www.ssi.org.au/resources/new-roots">http://www.ssi.org.au/resources/new-roots</a></p>				•
<p><b>Niggle</b></p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.  <a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>	•			•

STRESS/WELLBEING	R	CT	HP	F
<p><b>The Online Clinic</b></p> <p>A free mental health assessment tool developed by Black Dog Institute. Provides a personalised reported and suggestions for free or low-cost services and resources.  <a href="https://onlineclinic.blackdoginstitute.org.au">https://onlineclinic.blackdoginstitute.org.au</a></p>				
<p><b>Proppa Deadly</b></p> <p>A compilation of audio stories for Aboriginal and Torres Strait Islander men and women sharing their their experience of anxiety and depression.  <a href="https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-that/">https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-that/</a></p>				•
<p><b>ReachOut Breathe</b></p> <p>An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch.  <a href="http://www.au.reachout.com/tools-and-apps/reachout-breathe">http://www.au.reachout.com/tools-and-apps/reachout-breathe</a></p>				•
<p><b>ReachOut Next Step</b></p> <p>An online tool designed to make help seeking easier for 18-25 year olds, recommending relevant support options based on their symptoms.  <a href="https://au.reachout.com/#nextstep">https://au.reachout.com/#nextstep</a></p>				•
<p><b>Recharge</b></p> <p>A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine.  <a href="https://au.reachout.com/tools-and-apps/recharge">https://au.reachout.com/tools-and-apps/recharge</a></p>				•
<p><b>Smiling Mind</b></p> <p>A website and app teaching mindfulness meditation to young people (7-22yrs), and adults.  <a href="http://www.smilingmind.com.au">http://www.smilingmind.com.au</a></p>				•
<p><b>Stay Strong</b></p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.  <a href="https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/">https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/</a></p>	•		•	•

STRESS/WELLBEING	R	CT	HP	F
<p><b>Stress Less Tips</b></p> <p>Evidence-based tips that can help support mental health and wellbeing by decreasing stress. Also includes specific tips for uni students and new parents. RUn by WayAhead Mental Health Association NSW.</p> <p><a href="http://www.stresslesstrips.org.au/">http://www.stresslesstrips.org.au/</a></p>				•
<p><b>This Way Up</b></p> <p>'Coping with Stress (free)'; 'Intro to Mindfulness (free)'; 'Mindfulness-Based CBT'; 'Mixed Depression and Anxiety'; 'Student Wellbeing (free)';</p> <p>App and online CBT courses for a range of issues. Self help and fee based clinician-assisted options available.</p> <p><a href="http://www.thiswayup.org.au/how-we-can-help/course/">http://www.thiswayup.org.au/how-we-can-help/course/</a></p>	•	•	•	
<p><b>WellMob</b></p> <p>A website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.</p> <p><a href="http://wellmob.org.au">http://wellmob.org.au</a></p>				•
<p><b>Yarning SafeNStrong</b></p> <p>A national 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Aboriginal Health Service (VAHS).</p> <p><a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a> 1800 959 563</p>				•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R: Requires registration with name/email	CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available	F: Free to access/no cost
	R	CT	HP	F
<p><b>Counselling Online</b></p> <p>An online text-based service where you can communicate with a professional counsellor about your own alcohol and drug use, or that of a loved one. Free and confidential, chat or email the counsellors 24/7.</p> <p><a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a>            ACT: 02 6207 9977 NSW: 1800 422 599 OR 9361 8000            NT: 1800 131 350 QLD: 1800 177 833 OR 3837 5959            SA: 1300 131 340 TAS: 1800 811 994 VIC: 1800 888 236            WA: 1800 198 024 OR 9442 5000</p>	•	•		•
<p><b>Gambling Help Online</b></p> <p>24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling.</p> <p><a href="http://www.gamblinghelponline.org.au/">http://www.gamblinghelponline.org.au/</a> 1800 858 858</p>			•	•
<p><b>Gambling Help NSW</b></p> <p>24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling.</p> <p><a href="https://www.responsiblegambling.nsw.gov.au/home/gambling-help">https://www.responsiblegambling.nsw.gov.au/home/gambling-help</a>            1800 858 858</p>			•	•
<p><b>Hello Sunday Morning: Daybreak app</b></p> <p>An app to help individuals change their relationship with alcohol, with professional and community support.</p> <p><a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a></p>			•	•
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p> <p><a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>	•	•		•
<p><b>My Digital Health</b></p> <p><i>'BDZ digital health'</i></p> <p>A psycho-education web &amp; mobile-based program to help reduce and gradually withdraw from benzodiazepine use.</p> <p><a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
<p><b>My QuitBuddy</b></p> <p>An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.  <a href="https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app">https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app</a></p>				•
<p><b>National Alcohol and Other Drug Hotline</b></p> <p>Connect to Alcohol and Drug Information service operating in your state/area.            Phone: 1800 250 015</p>		•		•
<p><b>On Track with The Right Mix</b></p> <p>An app to help individuals keep track of their drinking over time.  <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app">https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app</a></p>				•
<p><b>Parenting Strategies: Preventing Adolescent Alcohol Misuse</b></p> <p>Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems.  <a href="http://www.parentingstrategies.net/alcohol/guidelines_introduction/">http://www.parentingstrategies.net/alcohol/guidelines_introduction/</a></p>	•			•
<p><b>QuitCoach</b></p> <p>An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy.  <a href="http://www.quitcoach.org.au">http://www.quitcoach.org.au</a></p>	•			•
<p><b>Quit for you - Quit for two</b></p> <p>An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking.  <a href="http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042">http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042</a></p>				•
<p><b>QuitLine</b></p> <p>Telephone coaching for those wishing to quit smoking. Features a call-back service where users can book a time for Quit to call them (up to six call-backs offered).  <a href="http://www.quit.org.au/">http://www.quit.org.au/</a> 13 78 48</p>	•	•		•

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
<p><b>Ray's Night Out</b></p> <p>An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices.  <a href="http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8">http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8</a></p>				•
<p><b>Stay Strong</b></p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.  <a href="https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/">https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/</a></p>	•		•	•
<p><b>Touchbase</b></p> <p>A website providing information and resources on substance use, mental health and sexual health in the LGBTI community.  <a href="https://touchbase.org.au/">https://touchbase.org.au/</a></p>				•

SUICIDE PREVENTION	R	CT	HP	F
<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.  <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>	•			•
<p><b>Beyond Blue Beyond Now</b></p> <p>An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis.  <a href="http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLv9X7qM0CFYmCvQodW2IKow">http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLv9X7qM0CFYmCvQodW2IKow</a></p>			•	•
<p><b>Chats for Life</b></p> <p>An app to help you to plan a conversation with someone that you may be concerned about.  <a href="https://apps.apple.com/au/app/chats-for-life/id1245065245">https://apps.apple.com/au/app/chats-for-life/id1245065245</a></p>				•
<p><b>The Check-in app - Youth Beyond Blue</b></p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.  <a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>				•
<p><b>iBobbly</b></p> <p>A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.  <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>				•
<p><b>Kurdiji</b></p> <p>A app created by Australian indigenous elders designed to save young Indigenous lives.  <a href="http://www.kurdijiapp.wordpress.com/">http://www.kurdijiapp.wordpress.com/</a></p>				•
<p><b>My Digital Health</b></p> <p><i>'iConsiderLife'</i></p> <p>A self-help, crisis and suicide prevention digital health program to help people currently experiencing distress or suicidal thoughts.  <a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•



SUICIDE PREVENTION	R	CT	HP	F
<p><b>Operation Life Online</b></p> <p>A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools.</p> <p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app">https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app</a></p>				•
<p><b>The Ripple Effect</b></p> <p>An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.</p> <p><a href="http://www.therippleeffect.com.au/">http://www.therippleeffect.com.au/</a></p>	•			•
<p><b>Support After Suicide</b></p> <p>Information to support those bereaved by suicide. Includes information for how to support young people and kids.</p> <p><a href="https://www.supportaftersuicide.org.au/">https://www.supportaftersuicide.org.au/</a></p>				•
<p><b>You Are Not Alone</b></p> <p>Information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk.</p> <p><a href="http://www.sane.org.au/you-are-not-alone">http://www.sane.org.au/you-are-not-alone</a></p>				•
<p><b>YourCrew</b></p> <p>An app that allows young people to ask for help when they need it most, from people they know and trust.</p> <p><a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a></p>				•

<b>TRAUMA</b>	<b>R:</b> Requires registration with name/email	<b>CT:</b> Counsellor/Coach/Therapist assistance	<b>HP:</b> Separate Health Practitioner access available	<b>F:</b> Free to access/no cost
	<b>R</b>	<b>CT</b>	<b>HP</b>	<b>F</b>
<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.  <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>	•			•
<p><b>Blue Knot Foundation</b></p> <p>Telephone and email counselling, information, referral service and resources with online fact sheets and downloadable videos.  <a href="http://www.blueknot.org.au/">http://www.blueknot.org.au/</a> 1300 657 380 <a href="mailto:helpline@blueknot.org.au">helpline@blueknot.org.au</a></p>		•		•
<p><b>Daisy</b></p> <p>App connecting Australian women to abuse services.  <a href="http://www.1800respect.org.au/daisy/">http://www.1800respect.org.au/daisy/</a></p>				•
<p><b>Mental Health Online</b></p> <p><i>'Post traumatic stress disorder'</i></p> <p>Online programs for a range of issues, with self-guided (free) or therapist support options (small fee).  <a href="http://www.mentalhealthonline.org.au">http://www.mentalhealthonline.org.au</a></p>	•	•	•	•
<p><b>MindSpot Clinic</b></p> <p><i>'PTSD'</i></p> <p>Online courses for PTSD. Includes assessment, feedback and therapist support.  <a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•
<p><b>My Digital Health</b></p> <p><i>'Life Flex 4 PTSD'</i></p> <p>A self-help, crisis and suicide prevention digital health program to help people currently experiencing distress or suicidal thoughts.  <a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•
<p><b>Open Arms</b></p> <p>24hr telephone crisis support and free mental health information for Australian veterans and their families.  <a href="http://www.openarms.gov.au/">http://www.openarms.gov.au/</a> 1800 011 046</p>		•		•

TRAUMA	R	CT	HP	F
<p><b>Peak Fortem</b></p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p> <p><a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>				•
<p><b>PTSD Coach Australia</b></p> <p>An app that helps people understand and manage the symptoms of post-traumatic stress disorder.</p> <p><a href="https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app">https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app</a></p>				•
<p><b>This Way Up</b></p> <p><i>'Post-Traumatic Stress (free)'</i></p> <p>Online and app CBT courses for PTSD. Self help and fee based clinician-assisted options available.</p> <p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	
<p><b>Trauma and Grief Network</b></p> <p>A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.</p> <p><a href="https://tgn/anu/edu.au/">https://tgn/anu/edu.au/</a></p>				•

<b>CARERS SERVICES</b> <b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost	R	CT	HP	F
<b>Beyond Blue Online Forum</b> Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•
<b>The Butterfly Foundation</b> Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. <a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673		•	•	•
<b>The Dreamers Hub</b> An online support platform for young carers. <a href="http://www.dreamershub.com.au/">http://www.dreamershub.com.au/</a>				•
<b>Carer Coach</b> A five module training series developed by Arafmi, to help mental health carers and the people they care for navigate the NDIS. <a href="https://carercoach.com.au/">https://carercoach.com.au/</a>	•			•
<b>Carer Gateway</b> A national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services. <a href="http://www.carergateway.gov.au/">http://www.carergateway.gov.au/</a> 1800 422 737		•		•
<b>Eating Disorders Carer Help Kit</b> Detailed information on supporting someone with an eating disorder. <a href="https://eatingdisorderscarerhelpkit.com.au/">https://eatingdisorderscarerhelpkit.com.au/</a>				•
<b>Eating Disorders Families Australia</b> An information website for families/carers of people with an eating disorder. <a href="https://www.edfa.org.au">https://www.edfa.org.au</a>				•
<b>Mental Health Resources for Carers</b> An online program to help support carers of people who have a mental illness. <a href="https://mhr4c.com.au/">https://mhr4c.com.au/</a>				•

CARERS SERVICES	R	CT	HP	F
<p><b>Peak Fortem</b></p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.  <a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>				•
<p><b>Sane Australia</b></p> <p>Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support.  <a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>	•			•
<p><b>TEN - The Essential Network for Health Professionals</b></p> <p>An app connecting Health Professionals to tool, resources, and peer support to help them manage life through COVID-19.  <a href="http://www.blackdoginstitute.org.au/ten/">http://www.blackdoginstitute.org.au/ten/</a></p>			•	•
<p><b>The Shared Table</b></p> <p>Free online meal support training program to assist carers in the provision of meal support.  <a href="https://edgsharetable.com.au/">https://edgsharetable.com.au/</a></p>	•			•
<p><b>Trauma and Grief Network</b></p> <p>A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.  <a href="https://tgn/anu/edu.au/">https://tgn/anu/edu.au/</a></p>				•
<p><b>You Are Not Alone</b></p> <p>Information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk.  <a href="http://www.sane.org.au/you-are-not-alone">http://www.sane.org.au/you-are-not-alone</a></p>				•

CHILD & YOUTH SERVICES	R: Requires registration with name/email	CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available	F: Free to access/no cost
	R	CT	HP	F
<p><b>Beyond Blue Online Forum</b></p> <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.  <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a></p>	•			•
<p><b>BITE BACK</b></p> <p>Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 yrs)  <a href="http://www.biteback.org.au/">http://www.biteback.org.au/</a></p>				•
<p><b>The BRAVE Program</b></p> <p>Online program to help children and teenagers (3-17 yrs) overcome anxiety. Comprised both youth and parent components.  <a href="http://www.brave4you.psy.uq.edu.au/">http://www.brave4you.psy.uq.edu.au/</a></p>	•	•		•
<p><b>Breakup Shakeup</b></p> <p>A behavioural activation app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup.  <a href="http://itunes.apple.com/au/app/breakup-shakeup/id1017200579">http://itunes.apple.com/au/app/breakup-shakeup/id1017200579</a></p>				•
<p><b>The Butterfly Foundation</b></p> <p>Offers telephone &amp; online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones.  <a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673</p>		•	•	•
<p><b>CanTeen</b></p> <p>Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer.  <a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 support@canteen.org.au</p>	•	•	•	•
<p><b>CanTeen Connect</b></p> <p>An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community.  <a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a></p>	•			•

CHILD & YOUTH SERVICES	R	CT	HP	F
<p><b>The Check-in app - Youth Beyond Blue</b></p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.  <a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>				•
<p><b>Cool Little Kids Online</b></p> <p>A program for parents of shy or anxious children (3-6yrs) that helps to build parents' knowledge and practical skills to help increase their child's confidence.  <a href="https://coollittlekids.org.au/login">https://coollittlekids.org.au/login</a></p>	•	•		
<p><b>The Desk</b></p> <p>Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students.  <a href="http://www.thedesk.org.au/">http://www.thedesk.org.au/</a></p>	•			•
<p><b>eheadspace</b></p> <p>Internet chat, email or phone support for young people (12-25 yrs) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat).  <a href="http://www.eheadspace.org.au/">http://www.eheadspace.org.au/</a> 1800 650 890</p>	•	•		•
<p><b>Kids Helpline</b></p> <p>24hr phone and real time web-based crisis support for youth (5-25 yrs).  <a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a> 1800 55 1800</p>		•		•
<p><b>Livewire</b></p> <p>A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability.  <a href="https://livewire.org.au/">https://livewire.org.au/</a></p>	•			•
<p><b>MindSpot Clinic</b>  <i>'Mood mechanic course'</i></p> <p>Online courses to help young adults aged 18 to 25 learn to manage symptoms of depression and anxiety. Includes assessment, feedback and therapist support.  <a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a></p>	•	•		•

CHILD & YOUTH SERVICES	R	CT	HP	F
<p><b>Niggle</b></p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.  <a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>	•			•
<p><b>OCD? Not Me!</b></p> <p>Online program including information, practical skills and support for young people (12-18yrs) with OCD.  <a href="http://www.ocdotme.com.au/">http://www.ocdotme.com.au/</a></p>	•			•
<p><b>Ray's Night Out</b></p> <p>An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices.  <a href="http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8">http://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8</a></p>				•
<p><b>ReachOut Next Step</b></p> <p>An online tool designed to make help seeking easier for 18-25 year olds, by recommending relevant support options based on their symptoms.  <a href="https://au.reachout.com/#nextstep">https://au.reachout.com/#nextstep</a></p>				•
<p><b>Recharge</b></p> <p>A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine.  <a href="https://au.reachout.com/tools-and-apps/recharge">https://au.reachout.com/tools-and-apps/recharge</a></p>				•
<p><b>Smiling Mind</b></p> <p>A website and app teaching Mindfulness Meditation to young people (7-22 yrs) and adults.  <a href="http://www.smilingmind.com.au/">http://www.smilingmind.com.au/</a></p>				•
<p><b>This Way Up</b></p> <p><i>'Teen Mental Health (free)'</i></p> <p>Online and app CBT course for young people aged 12 -17, that helps equip them with proven and effective topics to manage worry and sadness.  <a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	
<p><b>YourCrew</b></p> <p>An app that allows young people to ask for help when they need it most, from people they know and trust.  <a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a></p>				•



# E-Mental Health Resources by Target Group

<b>INDIGENOUS &amp; OTHER CULTURAL SERVICES</b> <b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost	R	CT	HP	F
<b>Beyond Blue Online Forum</b> Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•
<b>Deadly Tots</b> An interactive information app for every Aboriginal Family to help their Bub learn and grow. <a href="http://deadlytots.com.au/Pahe/deadlytotsapp">http://deadlytots.com.au/Pahe/deadlytotsapp</a>	•			•
<b>eCentre Clinic</b> The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs. <a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a>	•	•		•
<b>HitNet Community Hub</b> An online kiosk delivering culturally appropriate health and social information to Australia's hardest-to-reach communities. <a href="http://kiosk.hitnet.com.au/public/">http://kiosk.hitnet.com.au/public/</a>				•
<b>iBobbly</b> A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older. <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a>				•
<b>iCanQuit</b> A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese. <a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a>	•	•		•
<b>iTalk Studios</b> A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of traditional Aboriginal language. <a href="https://www/italkstudios.com.au">https://www/italkstudios.com.au</a>				•

INDIGENOUS & OTHER CULTURAL SERVICES	R	CT	HP	F
<p><b>Kurdiji</b></p> <p>A app being created by Australian indigenous elders designed to save young indigenous lives.  <a href="http://www.kurdijiapp.wordpress.com/">http://www.kurdijiapp.wordpress.com/</a></p>				•
<p><b>MindSpot Clinic</b>  <i>'Indigenous wellbeing'</i></p> <p>Online courses for indigenous wellbeing. Includes assessment, feedback and therapist support.  <a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•
<p><b>New Roots</b></p> <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia.  <a href="http://www.ssi.org.au/resources/new-roots">http://www.ssi.org.au/resources/new-roots</a></p>				•
<p><b>Proppa Deadly</b></p> <p>A compilation of audio stories for Aboriginal and Torres Strait Islander men and women sharing their their experience of anxiety and depression.  <a href="https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-that/">https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-that/</a></p>				•
<p><b>Stay Strong</b></p> <p>Therapist-guided tablet app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.  <a href="https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/">https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/</a></p>	•		•	•
<p><b>WellMob</b></p> <p>A website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.  <a href="http://wellmob.org.au">http://wellmob.org.au</a></p>				•
<p><b>Yarning SafeNStrong</b></p> <p>A national 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Aboriginal Health Service (VAHS).  <a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a> 1800 959 563</p>				•

# E-Mental Health Resources by Target Group

<b>LGBTI SERVICES</b> <b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost	R	CT	HP	F
<b>ACON</b> ACON helps support the physical, social and mental health of LGBTI people. Their website includes a range of helpful information, tip sheets and guides. <a href="https://www.acon.org.au">https://www.acon.org.au</a>				•
<b>Beyond Blue Online Forum</b> Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•
<b>My Digital Health</b> <i>'Life flex tailored for LGBQ adults'</i> A biopsychosocial web & mobile-based intervention program for anxiety and depression. <a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a>	•		•	•
<b>QLife</b> Phone and online counselling and referrals for people of diverse sex, genders and sexualities. <a href="http://www qlife.org.au">http://www qlife.org.au</a> 1800 184 527		•		•
<b>ReachOut</b> Up-to-date information and articles for youth on a range of topics, including relationships and sexuality, and identify and gender. Also includes professionally moderated anonymous discussion forums. <a href="https://au.reachout.com/">https://au.reachout.com/</a>				•
<b>Rape and Domestic Violence Services Australia</b> Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault. Includes specific services for those affected by the Royal Commission, those affected by domestic violence, and anyone from teh LGBTIQ+ community. <a href="http://www.rape-dvservices.org.au/">http://www.rape-dvservices.org.au/</a>		•		•
<b>Touchbase</b> A website providing information and resources on substance use, mental health and sexual health in the LGBTI community. <a href="https://touchbase.org.au/">https://touchbase.org.au/</a>				•

<b>OLDER ADULTS SERVICES</b>	<b>R: Requires registration with name/email</b> <b>CT: Counsellor/Coach/Therapist assistance</b> <b>HP: Separate Health Practitioner access available</b> <b>F: Free to access/no cost</b>			
	R	CT	HP	F
<b>Aurous Digital</b> A social connection program that connected seniors to friendly volunteers, supporting them to be happy, health and socially active. <a href="https://www.aurous.org.au/index.php/our-services/aurous-digital">https://www.aurous.org.au/index.php/our-services/aurous-digital</a>				•
<b>Beyond Blue</b> Up-to-date information and resources for depression in older adults. <a href="http://www.beyondblue.org.au/who-does-it-affect/older-people">http://www.beyondblue.org.au/who-does-it-affect/older-people</a>				•
<b>Dementia Australia</b> Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers. <a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a>		•		•
<b>Help with Dementia</b> Online and videoconference counselling, an online forum, and information about dementia. <a href="http://www.helpwithdementia.org.au/">http://www.helpwithdementia.org.au/</a>	•	•		•
<b>MindSpot Clinic</b> ‘Wellbeing plus’ Online course which helps adults aged 60 years and older learn to manage symptoms of depression and anxiety. Includes assessment, feedback and therapist support. <a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34	•	•		•
<b>SANE Australia</b> An online information guide for aging well. <a href="https://www.sane.org/information-stories/facts-and-guides/ageing-well#guide">https://www.sane.org/information-stories/facts-and-guides/ageing-well#guide</a>				•

<b>PREGNANCY &amp; PARENTING SERVICES</b>	<b>R:</b> Requires registration with name/email	<b>CT:</b> Counsellor/Coach/Therapist assistance	<b>HP:</b> Separate Health Practitioner access available	<b>F:</b> Free to access/no cost	<b>R</b>	<b>CT</b>	<b>HP</b>	<b>F</b>
<b>Baby Steps</b> An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. <a href="http://www.babysteps.org.au/web/index">http://www.babysteps.org.au/web/index</a>					•			•
<b>The BRAVE Program (parent component)</b> Online program to help children and teenagers (3 to 17) overcome anxiety. Comprised both youth and parent components. <a href="https://www.brave-online.com/">https://www.brave-online.com/</a>					•	•		•
<b>Deadly Tots</b> An interactive information app for every Aboriginal Family to help their Bub learn and grow. <a href="http://deadlytots.com.au/Pahe/deadlytotsapp">http://deadlytots.com.au/Pahe/deadlytotsapp</a>					•			•
<b>Healthy Families</b> Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing. <a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a>						•		•
<b>Mind the Bump</b> A mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. <a href="https://www.mindthebump.org.au/">https://www.mindthebump.org.au/</a>								•
<b>MindMum</b> Information, tips, monitoring and planning app to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face. <a href="https://www.mumspace.com.au/when-you-need-extra-help/">https://www.mumspace.com.au/when-you-need-extra-help/</a>								•
<b>MumSpace</b> An information one-stop site supporting the mental health and emotional wellbeing of pregnant women, new mums and their families. <a href="http://www.mumspace.com.au/">http://www.mumspace.com.au/</a>								•

PREGNANCY & PARENTING SERVICES	R	CT	HP	F
<p><b>PANDA</b></p> <p>Provides resources and information for new and expecting mums and dads affected by anxiety and depression, as well as their partners or carers. Provides information for maternal health professionals and family service providers.  <a href="http://www.panda.org.au/">http://www.panda.org.au/</a> 1300 726 306</p>		•	•	•
<p><b>Parents Beyond Breakup</b></p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.  <a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>				•
<p><b>Parent Line</b></p> <p>Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories.  <b>QLD &amp; NT:</b> <a href="http://www.parentline.com.au/">http://www.parentline.com.au/</a> 1300 30 1300  <b>NSW:</b> <a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a> 1300 1300 52  <b>VIC:</b> <a href="http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx">http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx</a> 13 22 89  <b>SA:</b> <a href="http://www.parenting.sa.gov.au">http://www.parenting.sa.gov.au</a> 1300 364 100  <b>WA:</b> (08) 6279 1200 or 1800 654 432  <b>ACT:</b> <a href="http://www.parentlineact.org.au">http://www.parentlineact.org.au</a> (02) 6287 3833  <b>TAS:</b> 1300 808 178</p>		•		•
<p><b>Parenting Strategies: Preventing Adolescent Alcohol Misuse</b></p> <p>Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems.  <a href="http://www.parentingstrategies.net/alcohol/guidelines_introduction/">http://www.parentingstrategies.net/alcohol/guidelines_introduction/</a></p>	•			•
<p><b>Parent Works</b></p> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies.  <a href="http://www.parentworks.org.au/#/">http://www.parentworks.org.au/#/</a></p>	•			•
<p><b>Pregnancy, Birth and Baby</b></p> <p>24hr phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year.  <a href="http://www.pregnancybirthbaby.org.au/">http://www.pregnancybirthbaby.org.au/</a> 1800 882 436</p>		•		•

PREGNANCY & PARENTING SERVICES	R	CT	HP	F
<p><b>Quit for you - Quit for two</b></p> <p>An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking.  <a href="http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042">http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042</a></p>				•
<p><b>Reach Out Parents</b></p> <p>Topical information, parenting skills and forums for parents of teenagers.  <a href="http://parents.au.reachout.com/">http://parents.au.reachout.com/</a></p>				•
<p><b>Reach Out Parent Coaching</b></p> <p>Phone and online coaching for parents to help them build a strong relationship with their teenager (12-18yrs).  <a href="http://parents.au.reachout.com/coaching-eligibility">http://parents.au.reachout.com/coaching-eligibility</a></p>	•			•
<p><b>Sands</b></p> <p>Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death.  <a href="http://www.sands.org.au/">http://www.sands.org.au/</a> 1300 072 637</p>				•
<p><b>This Way Up</b></p> <p><i>‘Perinatal Mental Health’</i></p> <p>App and online CBT courses for parenting and other issues. Self help and fee based clinician-assisted options available.  <a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	
<p><b>Triple P Online</b></p> <p>Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD.  <a href="http://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/">http://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/</a></p>	•			•
<p><b>Trauma and Grief Network</b></p> <p>A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.  <a href="https://tgn/anu/edu.au/">https://tgn/anu/edu.au/</a></p>				•
<p><b>What Were We Thinking</b></p> <p>An interactive online program and app for first-time parents.  <a href="http://www.whatwerewethinking.org.au/">http://www.whatwerewethinking.org.au/</a></p>			•	•

VETERAN SERVICES	<b>R:</b> Requires registration with name/email <b>CT:</b> Counsellor/Coach/Therapist assistance <b>HP:</b> Separate Health Practitioner access available <b>F:</b> Free to access/no cost	R	CT	HP	F
<b>Defence Family Helpline</b> Email and helpline providing support, information and connection with your community, including your local DCO team. <a href="http://www.defence.gov.au/DCO/Defence-Helpline.asp">http://www.defence.gov.au/DCO/Defence-Helpline.asp</a> 1800 624 608			•		•
<b>Fighting Fit</b> Get information on: ADF mental health and rehabilitation, physical health problems, and other veteran services. <a href="https://www1.defence.gov.au/adf-members-families/health-well-being">https://www1.defence.gov.au/adf-members-families/health-well-being</a>					•
<b>High Res</b> An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back. <a href="http://www.at-ease.dva.gov.au/highres/">http://www.at-ease.dva.gov.au/highres/</a> <a href="http://itunes.apple.com/au/app/high-res/id953366081?ls=1&amp;mt=8">http://itunes.apple.com/au/app/high-res/id953366081?ls=1&amp;mt=8</a> <a href="http://play.google.com/store/apps/details?id=com.gov.dva">http://play.google.com/store/apps/details?id=com.gov.dva</a>					•
<b>On Track with The Right Mix</b> An app to help individuals keep track of their drinking over time. <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app">https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app</a>					•
<b>Open Arms</b> 24hr telephone crisis support and free mental health information for Australian veterans and their families. <a href="http://www.openarms.gov.au/">http://www.openarms.gov.au/</a> 1800 011 046			•		•
<b>Operation Life Online</b> A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app">https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app</a>					•
<b>PTSD Coach Australia</b> An app that helps people understand and manage the symptoms of post-traumatic stress disorder. <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app">https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app</a>					•



# E-Mental Health Resources by Delivery Mode

APPS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost			
	R	CT	HP	F
<p><b>Beyond Blue Beyond Now</b></p> <p>An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis.  <a href="http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLy9X7qM0CFYmCvQodW2IKow">http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&amp;gclid=CLLLy9X7qM0CFYmCvQodW2IKow</a></p>			•	•
<p><b>Breakup Shakeup</b></p> <p>A behavioural activation app that provides fun, easy activities to do to help young people (14-25 yrs) cope after a breakup.  <a href="http://itunes.apple.com/au/app/breakup-shakeup/id1017200579">http://itunes.apple.com/au/app/breakup-shakeup/id1017200579</a></p>				•
<p><b>Chats for Life</b></p> <p>An app to help you to plan a conversation with someone that you may be concerned about.  <a href="https://apps.apple.com/au/app/chats-for-life/id1245065245">https://apps.apple.com/au/app/chats-for-life/id1245065245</a></p>				•
<p><b>The Check-in app - Youth Beyond Blue</b></p> <p>Free app helping people check-in with friends and family and coaching youth through how they might support their friends.  <a href="https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app">https://www.beyondblue.org.au/about-us/about-our-work/young-people/the-check-in-app</a></p>				•
<p><b>Daisy</b></p> <p>App connecting Australian women to abuse services.  <a href="http://www.1800respect.org.au/daisy/">http://www.1800respect.org.au/daisy/</a></p>				•
<p><b>Deadly Tots</b></p> <p>An interactive information app for every Aboriginal Family to help their Bub learn and grow.  <a href="http://deadlytots.com.au/Pahe/deadlytotsapp">http://deadlytots.com.au/Pahe/deadlytotsapp</a></p>	•			•
<p><b>HeadGear</b></p> <p>An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge. Available on both Google Play and the App Store.  <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/</a></p>				•
<p><b>Hello Sunday Morning: Daybreak app</b></p> <p>An app to help individuals change their relationship with alcohol, with professional and community support.  <a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a></p>	•			•

APPS	R	CT	HP	F
<p><b>High Res</b></p> <p>An eToolbox and app to help ex-serving ADF members and their families cope with stress, build resilience and bounce back.  <a href="http://www.at-ease.dva.gov.au/highres/">http://www.at-ease.dva.gov.au/highres/</a></p>				•
<p><b>iBobbly</b></p> <p>A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.  <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a></p>				•
<p><b>Kurdiji</b></p> <p>A app being created by Australian indigenous elders designed to save young indigenous lives.  <a href="http://www.kurdijiapp.wordpress.com/">http://www.kurdijiapp.wordpress.com/</a></p>				•
<p><b>Mind the Bump</b></p> <p>A mindfulness Meditation App to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent.  <a href="https://www.mindthebump.org.au/">https://www.mindthebump.org.au/</a></p>				•
<p><b>Mindgauge</b></p> <p>An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle.  <a href="https://apps.apple.com/au/app/mindgauge/id1091408335">https://apps.apple.com/au/app/mindgauge/id1091408335</a>  <a href="https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU">https://play.google.com/store/apps/details?id=au.edu.sydney.poscomp.mindgaugev2&amp;hl=en_AU</a></p>				•
<p><b>MindMum</b></p> <p>Information, tips, monitoring and planning app to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face.  <a href="https://www.mumspace.com.au/when-you-need-extra-help/">https://www.mumspace.com.au/when-you-need-extra-help/</a></p>				•
<p><b>MoodMission</b></p> <p>An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.  <a href="http://www.moodmission.com/">http://www.moodmission.com/</a></p>	•			•
<p><b>MoodPrism</b></p> <p>An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health.  <a href="http://www.moodprismapp.com/">http://www.moodprismapp.com/</a></p>				•

APPS	R	CT	HP	F
<p><b>My QuitBuddy</b></p> <p>An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.  <a href="https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app">https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app</a></p>				•
<p><b>New Roots</b></p> <p>An app to support and build the health and wellbeing of men from Arabic, Farsi and Tamil-speaking backgrounds, who have recently arrived in Australia.  <a href="http://www.ssi.org.au/resources/new-roots">http://www.ssi.org.au/resources/new-roots</a></p>				•
<p><b>Niggle</b></p> <p>An app that helps young people track their wellbeing and find info, quizzes, videos, podcasts and tips to help tame their 'niggles' and improve their social and emotional health.  <a href="http://www.kidshelpline.com.au/niggle">http://www.kidshelpline.com.au/niggle</a></p>	•			•
<p><b>Operation Life Online</b></p> <p>A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools.  <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app">https://www.openarms.gov.au/resources/apps-and-online-resources/op-life-app</a></p>				•
<p><b>PTSD Coach Australia</b></p> <p>An app that helps people understand and manage the symptoms of post-traumatic stress disorder.  <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app">https://www.openarms.gov.au/resources/apps-and-online-resources/ptsd-coach-australia-app</a></p>				•
<p><b>Quit for you - Quit for two</b></p> <p>An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking.  <a href="http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042">http://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042</a></p>				•
<p><b>Ray's Night Out</b></p> <p>An app to help youth (16-25 yrs) increase their awareness of their drinking limits and promote safer drinking practices.  <a href="http://itunes.apple.com/au/app/rays-night-out/id978589597?mt=8">http://itunes.apple.com/au/app/rays-night-out/id978589597?mt=8</a></p>				•

APPS	R	CT	HP	F
<p><b>ReachOut Breathe</b></p> <p>An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or apple watch.  <a href="http://www.au.reachout.com/tools-and-apps/reachout-breathe">http://www.au.reachout.com/tools-and-apps/reachout-breathe</a></p>				•
<p><b>ReachOut WorryTime</b></p> <p>An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.  <a href="https://au.reachout.com/tools-and-apps/reachout-worrytime">https://au.reachout.com/tools-and-apps/reachout-worrytime</a></p>				•
<p><b>Recharge</b></p> <p>An six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine.  <a href="https://au.reachout.com/tools-and-apps/recharge">https://au.reachout.com/tools-and-apps/recharge</a></p>				•
<p><b>Smiling Mind</b></p> <p>A website and app teaching mindfulness meditation to young people (7-22 yrs) and adults.  <a href="http://www.smilingmind.com.au/">http://www.smilingmind.com.au/</a></p>				•
<p><b>Stay Strong</b></p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.  <a href="https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/">https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Development_of_the_Stay_Strong_iPad_App/</a></p>	•		•	
<p><b>Sunny App</b></p> <p>1800RESPECT's support app for women with disability who have experienced violence and abuse.  <a href="https://www.1800respect.org.au/sunny">https://www.1800respect.org.au/sunny</a></p>				•
<p><b>What Were We Thinking</b></p> <p>An interactive online program and app for first-time parents.  <a href="http://whatwerewethinking.org.au/">http://whatwerewethinking.org.au/</a>  <a href="http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&amp;mt=8">http://itunes.apple.com/au/app/what-were-we-thinking/id925235935?ls=1&amp;mt=8</a></p>			•	•
<p><b>YourCrew</b></p> <p>An app that allows young people to ask for help when they need it most, from people they know and trust.  <a href="https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app">https://www.harrisonriedelfoundation.com/who-we-are/the-yourcrew-app</a></p>				•

# E-Mental Health Resources by Delivery Mode

ONLINE PEER SUPPORT (MODERATED)	R: Requires registration with name/email	CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available	F: Free to access/no cost	R	CT	HP	F
<b>Beyond Blue Online Forum</b> Safe, supportive moderated online peer support forums for a range of mental health issues and demographics. <a href="http://www.beyondblue.org.au/get-support/online-forums">http://www.beyondblue.org.au/get-support/online-forums</a>	•			•				
<b>The Butterfly Foundation</b> Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. <a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673		•	•	•				
<b>CanTeen</b> Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer. <a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 support@canteen.org.au	•	•	•	•				
<b>CanTeen Connect</b> An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community. <a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a>	•			•				
<b>The Desk</b> Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. <a href="http://www.thedesk.org.au">http://www.thedesk.org.au</a>	•			•				
<b>The Dreamers Hub</b> An online support platform for young carers. <a href="http://www.dreamershub.com.au/">http://www.dreamershub.com.au/</a>				•				
<b>Griefline</b> Pphone and online counselling services, and moderated forums for individuals and families who are experiencing loss and grief. <a href="https://griefline.org.au/">https://griefline.org.au/</a> 1300 845 307		•		•				

## E-Mental Health Resources by Delivery Mode

ONLINE PEER SUPPORT (MODERATED)	R	CT	HP	F
<p><b>Healthy Families</b></p> <p>Provides information, knowledge and confidence for parents, guardians and other adults to support the young people in their life while taking care of their own mental health and wellbeing.  <a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p>		•		•
<p><b>Hello Sunday Morning: Daybreak app</b></p> <p>An app to help individuals change their relationship with alcohol, with professional and community support.  <a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a></p>	•			•
<p><b>Help with Dementia</b></p> <p>Online and video conference counselling, an online forum, and information about dementia.  <a href="http://helpwithdementia.org.au/">http://helpwithdementia.org.au/</a></p>	•	•		•
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.  <a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>	•	•		•
<p><b>Livewire</b></p> <p>A safe, secure online community to help young people aged 12 to 20 years, and their siblings, cope with the impact of a serious illness, mental illness, chronic health condition or disability.  <a href="https://livewire.org.au/">https://livewire.org.au/</a></p>	•			•
<p><b>Mensline Australia</b></p> <p>24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling.  <a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78</p>		•		•
<p><b>My QuitBuddy</b></p> <p>An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.  <a href="https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app">https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app</a></p>				•

ONLINE PEER SUPPORT (MODERATED)	R	CT	HP	F
<p><b>Parents Beyond Breakup</b></p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.  <a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>				•
<p><b>Parent Works</b></p> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies.  <a href="http://parentworks.org.au/#/">http://parentworks.org.au/#/</a></p>	•			•
<p><b>ReachOut</b></p> <p>Up-to-date information and articles for youth on a range of topics. Also includes professionally moderated anonymous discussion forums.  <a href="https://au.reachout.com/">https://au.reachout.com/</a></p>	•			•
<p><b>Reach Out Parents</b></p> <p>Topical information, parenting skills and forums for parents of teenagers.  <a href="http://parents.au.reachout.com/">http://parents.au.reachout.com/</a></p>				•
<p><b>Sane Australia</b></p> <p>Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support.  <a href="http://www.sane.org/">http://www.sane.org/</a> 1800 187 263</p>	•			•
<p><b>TEN - The Essential Network for Health Professionals</b></p> <p>An app connecting Health Professionals to tool, resources, and peer support to help them manage life through COVID-19.  <a href="http://www.blackdoginstitute.org.au/ten/">http://www.blackdoginstitute.org.au/ten/</a></p>			•	•
<p><b>What Were We Thinking</b></p> <p>An interactive online program and app for first-time parents.  <a href="http://www.whatwerewethinking.org.au/">http://www.whatwerewethinking.org.au/</a></p>			•	•

# E-Mental Health Resources by Delivery Mode

<b>ONLINE PROGRAMS: SELF DIRECTED</b>	<b>R</b>	<b>CT</b>	<b>HP</b>	<b>F</b>
<p><b>Act-Belong-Commit</b></p> <p>An online campaign encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose on their life. <a href="http://www.actbelongcommit.org.au/">http://www.actbelongcommit.org.au/</a></p>				•
<p><b>Baby Steps</b></p> <p>An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. <a href="http://www.babysteps.org.au/web/index">http://www.babysteps.org.au/web/index</a></p>	•			•
<p><b>BITE BACK</b></p> <p>Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs). <a href="http://www.biteback.org.au/">http://www.biteback.org.au/</a></p>				•
<p><b>The BRAVE program</b></p> <p>Online program to help children and teenagers (8-17yrs) overcome anxiety. Comprised both youth and parent components. <a href="https://www.brave-online.com/">https://www.brave-online.com/</a></p>	•	•		•
<p><b>Carer Coach</b></p> <p>A five module training series developed by Arafmi, to help mental health carers and the people they care for navigate the NDIS. <a href="https://carercoach.com.au/">https://carercoach.com.au/</a></p>	•			•
<p><b>Centre for Clinical Interventions</b></p> <p>'Anxiety'; 'Assertiveness'; 'Appearance Concerns'; 'Bipolar'; 'Body Dysmorphia'; 'Depression'; 'Disordered Eating'; 'Health Anxiety'; 'Panic'; 'Perfectionism'; 'Procrastination'; 'Self-Compassion'; 'Self-Esteem'; 'Sleep'; 'Social Anxiety'; 'Tolerating Distress'; 'Worry and Rumination'</p> <p>Self-help workbooks and modules for a range of mental health issues. <a href="http://www.cci.health.wa.gov.au/resources/consumers.cfm">http://www.cci.health.wa.gov.au/resources/consumers.cfm</a></p>				•
<p><b>The Desk</b></p> <p>Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. <a href="http://www.thedesk.org.au/">http://www.thedesk.org.au/</a></p>	•			•



## E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
<p><b>eCentre Clinic</b></p> <p>The eCentre Clinic develops and tests free online treatment courses for depression, anxiety, and health conditions, for people across a range of demographics. As the eCentre Clinic is an active research centre, all programs are not always available - check the website for current programs.</p> <p><a href="http://www.ecentreclinic.org/">http://www.ecentreclinic.org/</a></p>	•	•		•
<p><b>E-Couch</b></p> <p>A self-help interactive program with modules for depression, generalised anxiety &amp; worry, social anxiety, relationship breakdown, and loss &amp; grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.</p> <p><a href="http://www.ecouch.anu.edu.au/welcome">http://www.ecouch.anu.edu.au/welcome</a></p>	•			•
<p><b>Finding My Way</b></p> <p>An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.</p> <p><a href="http://www.findingmyway.org.au">http://www.findingmyway.org.au</a></p>	•			•
<p><b>Healthy Mind</b></p> <p>An online Easy Read tool by Black Dog Institute designed to help people with intellectual disability to recognise and regulate their thoughts and feelings.</p> <p><a href="https://www.healthymind.org.au/#">https://www.healthymind.org.au/#</a></p>				•
<p><b>High Res</b></p> <p>An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back.</p> <p><a href="https://highres.dva.gov.au/highres/#!/home">https://highres.dva.gov.au/highres/#!/home</a></p>				•
<p><b>iCanQuit</b></p> <p>A helpful online resource for smokers and ex-smokers, containing information, tips, and tools (including a savings calculator) and an online community. Information also available in Arabic, Chinese and Vietnamese.</p> <p><a href="http://www.icanquit.com.au/">http://www.icanquit.com.au/</a></p>	•	•		•
<p><b>ifarmwell</b></p> <p>A free, online tool kit to help farmers cope effectively with life's challenges and get the most out of every day.</p> <p><a href="http://www.ifarmwell.com.au">http://www.ifarmwell.com.au</a></p>	•			•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
<p><b>Mental Health Resources for Carers</b></p> <p>An online program to help support carers of people who have a mental illness.  <a href="https://mhr4c.com.au/">https://mhr4c.com.au/</a></p>				•
<p><b>MoodGYM</b></p> <p>A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety.  <a href="http://www.moodgym.anu.edu.au/welcome">http://www.moodgym.anu.edu.au/welcome</a></p>	•		•	•
<p><b>myCompass</b></p> <p>An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.  <a href="http://www.mycompass.org.au/">http://www.mycompass.org.au/</a></p>	•			•
<p><b>My Digital Health</b></p> <p><i>'BDZ digital health'; 'CompassionateUS'; 'Life Flex'; 'Life Flex tailored for LGBQ adults'; 'Life FLEX 4 PTSD'; 'iChooseWell'; 'iConsiderLife'; 'iMindTime'; 'iSleepWell'; 'Monitor Me'</i></p> <p>Web and mobile psychoeducation programs for a range of issues.  <a href="http://www.mydigitalhealth.org.au">http://www.mydigitalhealth.org.au</a></p>	•		•	•
<p><b>OCD? Not Me!</b></p> <p>Online program including information, practical skills and support for young people (12-18yrs) with OCD.  <a href="http://www.ocdnotme.com.au/">http://www.ocdnotme.com.au/</a></p>	•			•
<p><b>On Track with The Right Mix</b></p> <p>An app to help individuals keep track of their drinking over time.  <a href="https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app">https://www.openarms.gov.au/resources/apps-and-online-resources/right-mix-app</a></p>				•
<p><b>Parenting Strategies: Preventing Adolescent Alcohol Misuse</b></p> <p>Practical guidelines translating complex research evidence and clinical knowledge into practical strategies that parents can use to help protect their children from alcohol problems.  <a href="http://www.parentingstrategies.net/alcohol/guidelines_introduction/">http://www.parentingstrategies.net/alcohol/guidelines_introduction/</a></p>	•			•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
<p><b>Parent Works</b></p> <p>Online program for Australian parents and caregivers providing evidence-based parenting strategies.  <a href="http://parentworks.org.au/#/">http://parentworks.org.au/#/</a></p>	•			•
<p><b>Peak Fortem</b></p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.  <a href="https://peakfortem.fortemaustralia.org.au/home">https://peakfortem.fortemaustralia.org.au/home</a></p>				•
<p><b>Proppa Deadly</b></p> <p>A compilation of audio stories of Aboriginal and Torres Strait Islander men and women sharing their experiences of anxiety and depression.  <a href="https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-thal/">https://989fm.com.au/listen/programs/lets-talk/proppa-deadly-napsia-vin-thal/</a></p>				•
<p><b>QuitCoach</b></p> <p>An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy.  <a href="http://www.quitcoach.org.au">http://www.quitcoach.org.au</a></p>	•			•
<p><b>ReachOut Next Step</b></p> <p>An online tool designed to make help seeking easier for 18-25 year olds by recommending relevant support based on their symptoms.  <a href="https://au.reachout.com/#nextstep">https://au.reachout.com/#nextstep</a></p>				•
<p><b>The Ripple Effect</b></p> <p>An online intervention to reduce stigma among males (aged 30-64) in the farming community and help beat rural suicide.  <a href="http://www.therippleeffect.com.au/">http://www.therippleeffect.com.au/</a></p>	•			•
<p><b>The Shared Table</b></p> <p>Free online meal support training program to assist carers in the provision of meal support.  <a href="https://edgsharedtable.com.au/">https://edgsharedtable.com.au/</a></p>	•			•

ONLINE PROGRAMS: SELF DIRECTED	R	CT	HP	F
<p><b>This Way Up</b>  '<i>Chronic Pain (free)</i>'; '<i>Coping with Stress (free)</i>'; '<i>Depression</i>'; '<i>Health Anxiety</i>'; '<i>Intro to Mindfulness (free)</i>'; '<i>Managing Insomnia (free)</i>'; '<i>Mindfulness-Based CBT</i>'; '<i>Mixed Depression and Anxiety</i>'; '<i>OCD</i>'; '<i>Panic Attacks</i>'; '<i>Perinatal Mental Health</i>'; '<i>Post-Traumatic Stress (free)</i>'; '<i>Social Anxiety</i>'; '<i>Student Wellbeing (free)</i>'; '<i>Teen Mental Health (free)</i>'; '<i>Worry</i>'  App and online CBT course for a range of different issues. Self help and clinician-assisted options available.  <a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	
<p><b>Triple P Online</b>  Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD.  <a href="http://www.triplep-parenting.net.au/qld-uken/get-help/triple-p-online/">http://www.triplep-parenting.net.au/qld-uken/get-help/triple-p-online/</a></p>	•			•
<p><b>What Were We Thinking</b>  An interactive online program and app for first-time parents.  <a href="http://www.whatwerewethinking.org.au/">http://www.whatwerewethinking.org.au/</a></p>			•	•

ONLINE PROGRAMS: THERAPIST/COACH ASSISTED	R	CT	HP	F
<p><b>Cool Little Kids Online</b></p> <p>A program for parents of shy or anxious children (3-6yrs) that helps to build parents' knowledge and practical skills to help increase thier child's confidence.</p> <p><a href="https://coollittlekids.org.au/login">https://coollittlekids.org.au/login</a></p>	•	•		
<p><b>Counselling Online</b></p> <p>Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules are also available. Registration is only mandatory for self-help modules or to create an optional profile for future counselling sessions.</p> <p><a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a></p> <p>ACT: 02 6207 9977 NSW: 1800 422 599 OR 9361 8000            NT: 1800 131 350 QLD: 1800 177 833 OR 3837 5959            SA: 1300 131 340 TAS: 1800 811 994 VIC: 1800 888 236            WA: 1800 198 024 OR 9442 5000</p>	•	•		•
<p><b>Mental Health Online</b></p> <p><i>'Depression'; 'Generalised anxiety disorder'; 'Made-4-Me, a tailored program'; 'Obsessive compulsive disorder'; 'Panic disorder with or without agoraphobia'; 'Post traumatic stress disorder'; 'Social anxiety disorder'</i></p> <p>Online programs for a range of issues, with self-guided or therapist support options.</p> <p><a href="http://www.mentalhealthonline.org.au/">http://www.mentalhealthonline.org.au/</a></p>	•	•	•	•
<p><b>MindSpot Clinic</b></p> <p><i>'Chronic pain'; 'Indigenous wellbeing'; 'Mood mechanic'; OCD'; 'PTSD'; 'Wellbeing'; 'Wellbeing plus'</i></p> <p>Online courses for a range of issues. Includes assessment, feedback and therapist support.</p> <p><a href="http://www.mindspot.org.au/">http://www.mindspot.org.au/</a> 1800 61 44 34</p>	•	•		•
<p><b>NewAccess</b></p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.</p> <p><a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>	•	•		•

# E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS: THERAPIST/COACH ASSISTED	R	CT	HP	F
<p><b>This Way Up</b>  '<i>Chronic Pain (free)</i>'; '<i>Coping with Stress (free)</i>'; '<i>Depression</i>'; '<i>Health Anxiety</i>'; '<i>Intro to Mindfulness (free)</i>'; '<i>Managing Insomnia (free)</i>'; '<i>Mindfulness-Based CBT</i>'; '<i>Mixed Depression and Anxiety</i>'; '<i>OCD</i>'; '<i>Panic Attacks</i>'; '<i>Perinatal Mental Health</i>'; '<i>Post-Traumatic Stress (free)</i>'; '<i>Social Anxiety</i>'; '<i>Student Wellbeing (free)</i>'; '<i>Teen Mental Health (free)</i>'; '<i>Worry</i>'</p> <p>App and online CBT course for a range of different issues. Self help and clinician-assisted options available.</p> <p><a href="http://www.thiswayup.org.au/how-we-can-help/courses/">http://www.thiswayup.org.au/how-we-can-help/courses/</a></p>	•	•	•	

# E-Mental Health Resources by Delivery Mode

<b>TELEPHONE &amp; ONLINE COUNSELLING</b>	<b>R</b>	<b>CT</b>	<b>HP</b>	<b>F</b>
<b>1800RESPECT</b>  24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence. <a href="http://www.1800respect.org.au/">http://www.1800respect.org.au/</a> 1800 737 732		•		•
<b>Beyond Blue Support Service</b>  24hr telephone, online and email counselling for people going through a tough time. <a href="http://www.beyondblue.org.au/get-support/get-immediate-support">http://www.beyondblue.org.au/get-support/get-immediate-support</a> 1300 22 4636		•		•
<b>Blue Knot Foundation</b>  Telephone and email counselling, information, referral service and resources with online fact sheets and downloadable videos. <a href="http://www.blueknot.org.au/">http://www.blueknot.org.au/</a> 1300 657 380 <a href="mailto:helpline@blueknot.org.au">helpline@blueknot.org.au</a>		•		•
<b>The Butterfly Foundation</b>  Offers telephone & online counselling, referral, support, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder, as well as intermittently offering online practical skills courses for families supporting loved ones. <a href="http://thebutterflyfoundation.org.au/">http://thebutterflyfoundation.org.au/</a> 1800 33 4673		•	•	•
<b>Cancer Counselling Service (Cancer Council QLD)</b>  Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (eg. family, friends). <a href="https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/">https://cancerqld.org.au/get-support/cancer-emotional-support/cancer-counselling-service/</a> 07 3634 5248	•	•	•	•
<b>CanTeen</b>  Phone, online and email counselling and information to help young people (12-25yrs) cope with cancer. <a href="http://www.canteen.org.au/">http://www.canteen.org.au/</a> 1800 855 932 <a href="mailto:support@canteen.org.au">support@canteen.org.au</a>	•	•	•	•
<b>CanTeen Connect</b>  An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'Canteen Connect: For Parents' community. <a href="http://www.canteenconnect.org/">http://www.canteenconnect.org/</a>	•			•

## E-Mental Health Resources by Delivery Mode

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p><b>Carer Gateway</b></p> <p>A national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services.  <a href="http://www.carergateway.gov.au/">http://www.carergateway.gov.au/</a> 1800 422 737</p>		•		•
<p><b>Changing for Good</b></p> <p>Telephone counselling and online support to help men stop using violence in their family and relationships. Men must have completed a behaviour change program in the previous 6 months.  <a href="http://mensline.org.au/changingforgood/what-is-changing-for-good/">http://mensline.org.au/changingforgood/what-is-changing-for-good/</a>            1300 015 120</p>	•	•		•
<p><b>Counselling Online</b></p> <p>Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules or create an optional profile for future counselling sessions.  <a href="http://www.counsellingonline.org.au/">http://www.counsellingonline.org.au/</a>            ACT: 02 6207 9977 NSW: 1800 422 599 OR 9361 8000            NT: 1800 131 350 QLD: 1800 177 833 OR 3837 5959            SA: 1300 131 340 TAS: 1800 811 994 VIC: 1800 888 236            WA: 1800 198 024 OR 9442 5000</p>	•	•		•
<p><b>Defence Family Helpline</b></p> <p>Email and helpline providing support, information and connection with your community, including your local DCO team.  <a href="http://www.defence.gov.au/DCO/Defence-Helpline.asp">http://www.defence.gov.au/DCO/Defence-Helpline.asp</a> 1800 624 608</p>		•		•
<p><b>Dementia Australia</b></p> <p>Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.  <a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a></p>		•		•
<p><b>Eating Disorders Victoria</b></p> <p>Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).  <a href="http://www.eatingdisorders.org.au/online-services">http://www.eatingdisorders.org.au/online-services</a> 1300 550 236</p>		•		•



TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p><b>eheadspace</b></p> <p>Internet chat, email or phone support for young people (12-25 yrs) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat).  <a href="http://www.eheadspace.org.au/">http://www.eheadspace.org.au/</a> 1800 650 890</p>	•	•		•
<p><b>FriendLine</b></p> <p>A national support line "ready for a cuppa and a conversation" with trained volunteers.  <a href="http://www.friendline.org.au">http://www.friendline.org.au</a> 1800 424 287</p>				•
<p><b>Gambling Help Online</b></p> <p>24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling.  <a href="http://www.gamblinghelponline.org.au/">http://www.gamblinghelponline.org.au/</a> 1800 858 858</p>		•		•
<p><b>Gambling Help NSW</b></p> <p>24hr telephone, online and email counselling, support and information for identifying and dealing with problem gambling.  <a href="https://www.responsiblegambling.nsw.gov.au/home/gambling-help">https://www.responsiblegambling.nsw.gov.au/home/gambling-help</a>            1800 858 858</p>		•		•
<p><b>Griefline</b></p> <p>Pphone and online counselling services, and moderated forums for individuals and families who are experiencing loss and grief.  <a href="https://griefline.org.au/">https://griefline.org.au/</a> 1300 845 307</p>		•		•
<p><b>Guiding Light</b></p> <p><i>'Bereavement support line'</i></p> <p>24 hour support line for individuals and families grieving the death of a child.  <a href="http://rednosegriefandloss.com.au/support">http://rednosegriefandloss.com.au/support</a> 1300 072 637</p>				•
<p><b>Help with Dementia</b></p> <p>Online and video conference counselling, an online forum, and information about dementia.  <a href="http://www.helpwithdementia.org.au/">http://www.helpwithdementia.org.au/</a></p>	•	•		•
<p><b>Kids Helpline</b></p> <p>24hr phone and real time web-based crisis support for youth (5-25yrs).  <a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a> 1800 55 1800</p>		•		•
<p><b>Lifeline Crisis Support</b></p> <p>24hr phone and real time online crisis support.  <a href="http://www.lifeline.org.au/crisis-chat/">http://www.lifeline.org.au/crisis-chat/</a> 13 11 14</p>		•		•

## E-Mental Health Resources by Delivery Mode

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p><b>Mensline Australia</b></p> <p>24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling.  <a href="http://www.mensline.org.au/">http://www.mensline.org.au/</a> 1300 78 99 78</p>		•		•
<p><b>National Alcohol and Other Drug Hotline</b></p> <p>Connect to alcohol and drug Information service operating in your state/area.            Phone: 1800 250 015</p>		•		•
<p><b>NewAccess</b></p> <p>Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.  <a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>	•	•		•
<p><b>No To Violence</b></p> <p>Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).  <a href="https://www.ntv.org.au">https://www.ntv.org.au</a> 1300 766 491</p>		•		•
<p><b>OCD &amp; Anxiety Helpline</b></p> <p>A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.  <a href="http://www.arvcvic.org.au/our-services/helpline">http://www.arvcvic.org.au/our-services/helpline</a>            1300 269 438 OR (03) 9830 0533</p>		•		•
<p><b>Open Arms</b></p> <p>24hr telephone crisis support and free mental health information for Australian veterans and their families.  <a href="http://www.openarms.gov.au/">http://www.openarms.gov.au/</a> 1800 011 046</p>		•		•
<p><b>PANDA</b></p> <p>Provides resources and information for new and expecting parents affected by anxiety and depression, as well as their partners or carers. Provides information for maternal health professionals and family service providers.  <a href="http://www.panda.org.au/">http://www.panda.org.au/</a> 1300 726 306</p>		•	•	•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p><b>Parents Beyond Breakup</b></p> <p>Information, advice, telephone counselling and online peer support to help parents experiencing trauma related to family breakdown and separation. Includes separate online support for Dads in Distress and Mums in Distress.</p> <p><a href="http://www.parentsbeyondbreakup.com/">http://www.parentsbeyondbreakup.com/</a> 1300 853 437</p>				•
<p><b>Pregnancy, Birth and Baby</b></p> <p>24hr phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year.</p> <p><a href="http://www.pregnancybirthbaby.org.au/">http://www.pregnancybirthbaby.org.au/</a> 1800 882 436</p>				•
<p><b>Parent Line</b></p> <p>Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories.</p> <p><b>QLD &amp; NT:</b> <a href="http://www.parentline.com.au/">http://www.parentline.com.au/</a> 1300 30 1300</p> <p><b>NSW:</b> <a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a> 1300 1300 52</p> <p><b>VIC:</b> <a href="http://www.education.vic.gov.au/about/contract/Pages/parentline.aspx">http://www.education.vic.gov.au/about/contract/Pages/parentline.aspx</a> 13 22 89</p> <p><b>SA:</b> <a href="http://www.parenting.sa.gov.au">http://www.parenting.sa.gov.au</a> 1300 364 100</p> <p><b>WA:</b> (08) 6279 1200 or 1800 654 432</p> <p><b>ACT:</b> <a href="http://www.parentlineact.org.au">http://www.parentlineact.org.au</a> (02) 6287 3833</p> <p><b>TAS:</b> 1300 808 178</p>		•		•
<p><b>QLife</b></p> <p>Phone and online counselling and referrals for people of diverse sex, genders and sexualities.</p> <p><a href="http://www qlife.org.au/">http://www qlife.org.au/</a> 1800 184 527</p>		•		•
<p><b>QuitLine</b></p> <p>Telephone coaching for those wishing to quit smoking. Also includes a call-back service where users can book a time for Quit to call them (up to six call-backs offered).</p> <p><a href="http://www.quit.org.au/">http://www.quit.org.au/</a> 13 7848</p>	•	•		•
<p><b>Rape and Domestic Violence Services Australia</b></p> <p>Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault. Includes specific services for those affected by the Royal Commission, those affected by domestic violence, and anyone from the LGBTIQ+ community.</p> <p><a href="http://www.rape-dvservices.org.au/">http://www.rape-dvservices.org.au/</a></p>		•		•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p><b>Samaritans Crisis Line</b>            24hr anonymous, non-judgemental, non-religious emotional support and counselling over the phone.  <a href="http://www.thesamaritans.org.au/">http://www.thesamaritans.org.au/</a> 13 52 47</p>		•		•
<p><b>Sands</b>            Emotional support and information to bereaved families following the death of a baby through miscarriage, stillbirth or neonatal death.  <a href="http://www.sands.org.au/">http://www.sands.org.au/</a> 1300 072 637</p>				•
<p><b>Suicide Call Back Service</b>            24hr phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.  <a href="http://www.suicidecallbackservice.org.au/">http://www.suicidecallbackservice.org.au/</a> 1300 659 467</p>	•	•		•
<p><b>Yarning SafeNStrong</b>            A national 24/7 helpline for Aboriginal and Torres Strait Islanders, established by Victorian Aboriginal Health Service (VAHS).  <a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a> 1800 959 563</p>				•

<b>INFORMATION SITES*</b>	
<small>*Some of these sites have specific courses that are already listed in this guide, however these sites are also included here as they provide helpful general mental health information</small>	
<b>ACON</b> ACON helps support the physical, social and mental health of LGBTI people. Their website includes a range of helpful information, tipsheets and guides.	<a href="http://www.acon.org.au">www.acon.org.au</a>
<b>Beyond Blue</b> Get information on: anxiety, depression, suicide prevention, supporting someone, parenting, grief and loss, substance use, and staying well.	<a href="http://www.beyondblue.org.au/">www.beyondblue.org.au/</a>
<b>Black Dog Institute</b> Get information on: anxiety, depression, bipolar disorder, suicide, PTSD, and wellness.	<a href="http://www.blackdoginstitute.org.au/">www.blackdoginstitute.org.au/</a>
<b>The Butterfly Foundation</b> Get information on: eating disorders.	<a href="http://www.thebutterflyfoundation.org.au/national-edhope-line/">http://www.thebutterflyfoundation.org.au/national-edhope-line/</a>
<b>Carer Gateway</b> Get information on: caring for someone and wellness.	<a href="http://www.carergateway.gov.au/">www.carergateway.gov.au/</a>
<b>Centre for Clinical Interventions</b> Get information on: anxiety, bipolar disorder, depression, eating disorders, physical health problems and stress/wellbeing.	<a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a>
<b>Dementia Australia</b> Dementia Australia provides information, resources, counselling (telephone and webchat) and support for people living with dementia, their families and carers.	<a href="http://www.dementia.org.au/">http://www.dementia.org.au/</a>
<b>Eating Disorders Families Australia</b> An information website for families/carers of people with an eating disorder.	<a href="https://www.edfa.org.au">https://www.edfa.org.au</a>
<b>Eating Disorders Queensland</b> Free information, downloads, videos and other resources on eating disorders.	<a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a>
<b>Eating Disorders Victoria</b> Website providing information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line for information, brief support and referral (to VIC-based treatment services).	<a href="http://www.eatingdisorders.org.au/online-services">http://www.eatingdisorders.org.au/online-services</a>
<b>Fighting Fit</b> Get information on: ADF mental health and rehabilitation, physical health problems, and other veteran services.	<a href="https://www1.defence.gov.au/adf-members-families/health-well-being">https://www1.defence.gov.au/adf-members-families/health-well-being</a>

<b>INFORMATION SITES*</b>	
<p><b>Gambling Help NSW</b></p> <p>Telephone, online and email counselling, support and information for identifying and dealing with problem gambling.</p>	<p><a href="https://www.responsiblegambling.nsw.gov.au/home/gambling-help">https://www.responsiblegambling.nsw.gov.au/home/gambling-help</a></p>
<p><b>Griefline</b></p> <p>Provides phone and online counselling services to individuals and families who are experiencing loss and grief.</p>	<p><a href="http://www.griefline.org.au">http://www.griefline.org.au</a></p>
<p><b>Guiding Light</b></p> <p>Get information on: parenting, grief and loss.</p>	<p><a href="http://www.rednosegriefandloss.com.au/">www.rednosegriefandloss.com.au/</a></p>
<p><b>Headspace</b></p> <p>Get information on: health and wellbeing, substance use and addictive behaviours, depression, eating disorders, PTSD, anxiety, bipolar disorder, stress, and psychosis.</p>	<p><a href="http://www.headspace.org.au/">www.headspace.org.au/</a></p>
<p><b>Heads Up</b></p> <p>Get information on: stress/wellbeing, anxiety, depression, suicide prevention, and other mental health issues.</p>	<p><a href="https://www.headsup.org.au/your-mental-health">https://www.headsup.org.au/your-mental-health</a></p>
<p><b>Healthy Families</b></p> <p>Get information on: parenting, relationships, stress/wellbeing and other mental health issues.</p>	<p><a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p>
<p><b>HitNet Community Hub</b></p> <p>An online kiosk delivering culturally appropriate health and social information to Australia's hardest-to-reach communities.</p>	<p><a href="http://kiolk.hitnet.com.au/public/">http://kiolk.hitnet.com.au/public/</a></p>
<p><b>Inside Out Institute for Eating Disorders</b></p> <p>Online screening and assessment tools, as well as information and resources for individuals with eating disorders and their supports. Training, resources and information for health professionals, policy makers and researchers.</p>	<p><a href="http://www.insideoutinstitute.org.au/">http://www.insideoutinstitute.org.au/</a></p>
<p><b>iTalk Studios</b></p> <p>A range of animated videos exploring education, health, law and money. The videos are in English and many dialects of traditional Aboriginal language.</p>	<p><a href="https://www.italkstudios.com.au/">https://www.italkstudios.com.au/</a></p>
<p><b>Kids Helpline</b></p> <p>24hr phone and real time web-based crisis support for youth (5-25yrs), as well as a range of evidence-based information sheets and articles for issues relevant to youth.</p>	<p><a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a></p>
<p><b>Mental Health Online</b></p> <p>Get information on: anxiety, depression, OCD, and PTSD.</p>	<p><a href="http://www.mentalhealthonline.org.au">www.mentalhealthonline.org.au</a></p>

<b>INFORMATION SITES*</b>	
<p><b>MumSpace</b> Get information on: parenting, anxiety, depression, and stress/wellbeing.</p>	<a href="http://www.mumspace.com.au/">www.mumspace.com.au/</a>
<p><b>My Digital Health</b> Get information on: stress/wellbeing, eating disorders, anxiety, bipolar disorder, substance use and addictive behaviours, physical health problems, depression, PTSD, and OCD.</p>	<a href="http://www.mydigitalhealth.org.au">www.mydigitalhealth.org.au</a>
<p><b>NACCHO Aboriginal Health</b> Get information on: Indigenous mental health.</p>	<a href="http://www.naccho.org.au">www.naccho.org.au</a>
<p><b>Phoenix Australia Centre for Posttraumatic Mental Health</b> A not-for-profit organisation promoting recovery, improved wellbeing and quality of life for Australians affected by trauma.</p>	<a href="http://www.phoenixaustralia.org">http://www.phoenixaustralia.org</a>
<p><b>Positive Choices</b> Get information on: substance use and addictive behaviours.</p>	<a href="http://www.positivechoices.org.au">www.positivechoices.org.au</a>
<p><b>Reach Out</b> Get information on: stress/wellbeing, relationships, identity and gender, anxiety, bipolar disorder, depression, eating disorders, personality disorders, psychotic disorders, and trauma.</p>	<a href="http://www.au.reachout.com">www.au.reachout.com</a>
<p><b>Reach Out Parents</b> Topical information, parenting skills and forums for parents of teenagers.</p>	<a href="http://parents.au.reachout.com/">http://parents.au.reachout.com/</a>
<p><b>Relationships Australia</b> Information, tips and advice on relationship issues. <a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a></p>	<a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a>
<p><b>R U OK?</b> Get information on: suicide prevention.</p>	<a href="http://www.ruok.org.au">www.ruok.org.au</a>
<p><b>Sane Australia</b> Get information on: anxiety, bipolar disorder, personality disorders, depression, eating disorders, OCD, PTSD, psychosis, schizophrenia, trauma, physical health problems, grief and loss, suicide prevention, substance use and addictive behaviours, and stress/wellbeing.</p>	<a href="http://www.sane.org">www.sane.org</a>
<p><b>Support After Suicide</b> Information to support those bereaved by suicide. Includes information for how to support young people and kids.</p>	<a href="https://www.supportaftersuicide.org.au/">https://www.supportaftersuicide.org.au/</a>

<b>INFORMATION SITES*</b>	
<p><b>Stress Less Tips</b></p> <p>Evidence-based tips that can help support mental health and wellbeing by decreasing stress. Also includes specific tips for uni students and new parents. Run by WayAhead Mental Health Association NSW.</p>	<p><a href="http://www.stresslesstrips.org.au/">http://www.stresslesstrips.org.au/</a></p>
<p><b>The Online Clinic</b></p> <p>A free mental health assessment tool developed by Black Dog Institute. Provides a personalised reported and suggestions for free or low-cost services and resources.</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au">https://onlineclinic.blackdoginstitute.org.au</a></p>
<p><b>THIS WAY UP</b></p> <p>Visit the Learning Hub to access comprehensive information about the mental health issues that This Way Up offers courses for, such as depression, anxiety, OCD, chronic pain and perinatal mental health.</p>	<p><a href="http://www.thiswayup.org.au">www.thiswayup.org.au</a></p>
<p><b>Trauma and Grief Network</b></p> <p>A collection of online resources and information for caregivers to support children and adolescents through trauma, loss, and grief.</p>	<p><a href="https://tgn/anu/edu.au/">https://tgn/anu/edu.au/</a></p>
<p><b>Touchbase</b></p> <p>A website providing information and resources on substance use, mental health and sexual health in the LGBTI community.</p>	<p><a href="https://touchbase.org.au">https://touchbase.org.au</a></p>
<p><b>Understanding Anxiety</b></p> <p>Information about anxiety in adults and children, and how to get help. Run by WayAhead Mental Health Association NSW.</p>	<p><a href="http://understandinganxiety.wayahead.org.au/">http://understandinganxiety.wayahead.org.au/</a></p>
<p><b>WayAhead - Mental Health Association NSW</b></p> <p>Trustworthy mental health information, including fact sheets in a range of different languages.</p>	<p><a href="https://wayahead.com.au/">https://wayahead.com.au/</a></p>
<p><b>WellMob</b></p> <p>Website for frontline health and wellbeing workers to easily access culturally relevant resources to use with their Aboriginal and Torres Strait Islander clients. Includes videos, apps, podcasts and other websites.</p>	<p><a href="http://wellmob.org.au">http://wellmob.org.au</a></p>



## INFORMATION SITES\*

### **You Are Not Alone**

Information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk.

<http://www.sane.org.au/you-are-not-alone>

### **Your Health in Mind**

Comprehensive information on mental illness, treatments and medication from the Royal Australian and New Zealand College of Psychiatrists.

<http://www.yourhealthinmind.org/>

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**DISCLAIMER:**

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it.

The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

