

# Where to go for e-Mental Health Resources?

For more health professional resources including free workshops, webinars, online training and forum, visit eMHPrac Exchange [emhprac.anu.edu.au](http://emhprac.anu.edu.au), [emhprac.org.au](http://emhprac.org.au) or follow us on Twitter @emhprac

## Find e-Mental Health resources

**Mindhealthconnect** information and links to a wide range of online services in Australia. Users can search via topics of interest or through the site's guided search function.  
[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)



**Beacon** a guide to e-mental health resources for mental and physical disorders. Reviews evidence for online treatment programs, apps and support groups.  
[beacon.anu.edu.au](http://beacon.anu.edu.au)



**The Toolbox on ReachOut.com** recommends mental health and wellbeing apps endorsed by mental health professionals and young people aged 13–25. Includes links to apps, reviews and information.  
[au.reachout.com/sites/thetoolbox](http://au.reachout.com/sites/thetoolbox)



## Find online crisis support/online counselling

**KidsHelpline** online 'chat' or email counselling for young people 5–25 years. Also phone available 24/7 (1800 55 1800).  
[kidshelp.com.au](http://kidshelp.com.au)



**Lifeline** online crisis support chat with a trained crisis supporter available every night. Phone available 24/7 (13 11 14).  
[lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help)



**MensLine Australia** is a 24/7 free professional telephone and online counselling service for Australian men.  
[mensline.org.au](http://mensline.org.au)



**Suicide Call Back Service** provides free nationwide 24/7 professional telephone (1300 659 467) and online counselling for anyone affected by suicide.  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)



**ehedspace** online 'chat', email (or phone) with a qualified youth mental health professional for young people 12–25 yrs and parents and carers worried about a young person.  
[ehedspace.org.au](http://ehedspace.org.au)



**QLife** online 'chat' (or phone) counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.  
[qlife.org.au](http://qlife.org.au)



## Find information and peer support

**BITE BACK** promotes wellbeing and resilience in young people (12–18 yrs) through psycho-education, positive psychology and related approaches.  
[biteback.org.au](http://biteback.org.au)



**BluePages** information about depression and its treatment. It includes reviews of scientific evidence for medical, psychological and lifestyle interventions.  
[bluepages.anu.edu.au](http://bluepages.anu.edu.au)



**ReachOut** provides practical tools and support to help young people aged 14–25 get through everything from everyday issues to tough times. Includes information on mental health, peer support forums, and apps.  
[reachout.com](http://reachout.com)



**BlueBoard** peer support forums for service users and carers over 18 yrs. Aims to reduce stigma, provide support and hope. Moderated with strict protocols to enhance safety and privacy.  
[blueboard.anu.edu.au](http://blueboard.anu.edu.au)



**Mental Health in Multicultural Australia** information and links to mental health services for people from culturally and linguistically diverse backgrounds, and support for professionals.  
[mhima.org.au](http://mhima.org.au)



## Find symptom-focused courses and programs

### 1. SELF HELP PROGRAMS

**The BRAVE Program** prevention, early intervention and treatment of anxiety in young people. It has child (8–12 yrs), teen (12–17 yrs), and parent components.  
[brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)



**myCompass** promotes resilience and wellbeing for people with stress, anxiety or depression. Includes internet and mobile phone-based mood tracking, motivational messages and self-help modules.  
[mycompass.org.au](http://mycompass.org.au)



### 2. THERAPIST-ASSISTED PROGRAMS

**Centre for Clinical Interventions** free workbooks for mental health concerns including depression, anxiety, body dysmorphia, disordered eating, bipolar disorder and distress intolerance.  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)



**OCD? Not Me!** for people aged 12–18 yrs with OCD. It has eight stages and provides information, as well as support for parents and caregivers.  
[ocdnottme.com.au](http://ocdnottme.com.au)



**eCentreClinic** tests courses for adults and older adults—including anxiety, OCD, PTSD, stress, depression, chronic pain and epilepsy. Self-guided and therapist-supported courses.  
[ecentreclinic.org](http://ecentreclinic.org)



**e-couch** evidence-based information and self-help strategies drawn from CBT and IPT with modules for depression, anxiety, relationship breakdown, loss and grief.  
[ecouch.anu.edu.au](http://ecouch.anu.edu.au)



**OnTrack** programs for alcohol, depression, alcohol/depression, unusual experiences/early psychosis, flood and storm recovery, diabetes and a program for carers.  
[ontrack.org.au](http://ontrack.org.au)



**Mental Health Online** information, automated assessment (optional) and treatment programs (anxiety, panic, OCD, PTSD, depression). Courses available as self-help for free or with therapist support for a small client fee.  
[mentalhealthonline.org.au](http://mentalhealthonline.org.au)



**MoodGYM** teaches skills from CBT to help prevent and manage symptoms of depression. Also useful for anxiety.  
[moodgym.anu.edu.au](http://moodgym.anu.edu.au)



**Stay Strong** a mental health and substance misuse intervention in an iPad app (available on iTunes). The app guides users and therapists through a structured, evidence-based intervention that is culturally appropriate for Indigenous clients.  
[menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App](http://menzies.edu.au/page/Resources/Stay_Strong_iPad_App)



**The MindSpot Clinic** the Australian Government's free clinic provides assessment, recommendations and therapist-supported courses. Courses include Mood Mechanic (18–25 yrs), Wellbeing (26+ yrs, 60+ yrs, Indigenous), OCD and PTSD. Self-referral or online clinician referral.  
[mindspot.org.au](http://mindspot.org.au)



**THIS WAY UP™** therapist-assisted or self-help courses for depression, anxiety (GAD, panic, social phobia, OCD) and mixed depression/anxiety. Requires a small client fee. Also has free self-help course for stress.  
[thiswayup.org.au](http://thiswayup.org.au)



## Find sites for specific concerns

**Adults Surviving Child Abuse** information, phone support and referral service for people seeking help for complex trauma from childhood.  
[asca.org.au](http://asca.org.au)



**Counselling Online** text-based (or phone) counselling 24/7 for people concerned about their own or another person's drug or alcohol use.  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)



**What Were We Thinking?** information, support and app (available on iTunes) for first-time parents and resources for professionals.  
[whatwerewethinking.org.au](http://whatwerewethinking.org.au)



**Butterfly Foundation** information, web counselling, email/phone support and referrals for people concerned about eating disorders.  
[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)



**Gambling Help Online** text and email (or phone) counselling for people concerned about their own or another person's gambling.  
[gamblinghelponline.org.au](http://gamblinghelponline.org.au)



**1800RESPECT** National Sexual Assault, Domestic and Family Violence Counselling Service. Information, phone and online counselling 24/7 for people seeking help for themselves or someone else. Also for professionals wanting support for referrals or vicarious trauma.  
[1800respect.org.au](http://1800respect.org.au)



**CanTeen** online 'chat' or email (or phone) counselling and forums for people aged 12–24 yrs living with the impact of cancer.  
[canteen.org.au](http://canteen.org.au)



ANU is an eMHPrac project partner



e-Mental Health programs are designed to complement rather than replace assessment and treatment by professionals. This poster is intended for information purposes only. Health practitioners should independently investigate and verify credentials of any service before choosing to use the service or refer a user.