# 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, 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

 $(\bigcirc)$ mindhealthconnect 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

beacon

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

THE TOOLBOX.

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

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



 $\bigcirc$ 

elpline

Kids

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

eheadspace 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. eheadspace

eheadspace.org.au



RS

MensLine Australia is a 24/7 free professional telephone and online counselling service for Australian men. mensline.org.au

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

BlueBoard peer support forums for service users and carers over 18 vrs. Aims to reduce stigma, provide support and hope. Moderated with strict protocols to enhance safety and privacy. blueboard.anu.edu.au





information and links to mental health services for people from culturally and linguistically diverse backgrounds, and support for professionals. mhima.org.au

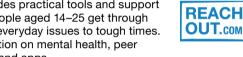
BluePages information about depression

and its treatment. It includes reviews of



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







### Find symptom-focused courses and programs

The\*

Brave \*

PROGRAM.

Interventions

Есписна

### **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

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

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

MoodGYM teaches skills from CBT to help prevent and manage symptoms of depression. Also useful for anxiety. moodgym.anu.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

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. ocdnotme.com.au

OnTrack programs for alcohol, depression, alcohol/depression, unusual experiences/early psychosis, flood and storm recovery, diabetes

ontrack.org.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, evidencebased intervention that is culturally appropriate for Indigenous clients. menzies.edu.au/page/Resources/Stay Strong\_iPad\_App

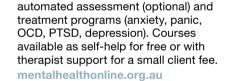


### 2. THERAPIST-ASSISTED PROGRAMS

eCentreClinic tests courses for adults and older adults-including anxiety, OCD, PTSD, stress, depression, chronic pain and epilepsy. eCentreClinic Self-guided and therapist-supported courses. ecentreclinic.org



mentalhealthonline



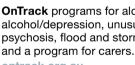
Mental Health Online information,

#### The MindSpot Clinic the Australian

MindSp 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

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











*(Ch*Track

### 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

Butterfly Foundation information, web counselling, email/phone support and referrals for people concerned about eating disorders.

thebutterflyfoundation.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

asca

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

Gambling Help Online text and email (or phone) counselling for people concerned about their own or another person's gambling.

gamblinghelponline.org.au



gambling help

2 Online

What Were We Thinking? information, support and app (available on iTunes) for firsttime parents and resources for professionals. whatwerewethinking.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



ANU is an eMHPrac project partner







Butterfly

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.