

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health
A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14
24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
24/7 telephone, online and email counselling, and moderated forums.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people experiencing domestic, family and sexually violent situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with family and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for LGBTIQ+ people.



Butterfly Foundation 1800 33 4673
Telephone, online counselling, referral and online support groups for people with eating disorders.



Open Arms 1800 011 046
Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263
One-off phone and online support for people with complex mental health needs.



FriendLine 1800 424 287
Volunteers "ready for a cuppa and a conversation" to support adults experiencing loneliness.

Young People



Kids Helpline 1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



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



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



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

Programs



MindSpot
Free clinician supported online programs for stress, worry, anxiety, depression, PTSD, chronic pain and chronic health conditions in adults.



THIS WAY UP
Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available.



Mental Health Online
Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass
A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM
A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch
A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



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



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

Apps



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



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



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



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

Aboriginal and Torres Strait Islanders



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



iBobbly
A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.



13YARN
Australia's first Indigenous-led crisis helpline providing 24/7 telephone support for Aboriginal and Torres Strait Islander people.

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