

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



Kids Helpline 1800 55 1800

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



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



1800RESPECT 1800 737 732

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



MensLine Australia 1300 78 99 78

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



QLife 1800 184 527

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



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



friendline 1800 424 287

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

Apps



Daybreak

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



Smiling Mind

A website and free 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.



Niggle

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



MoodMission

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

Moderated Forums



Sane Australia

Moderated forums providing peer-to-peer support.



eheadspace

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



ReachOut

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



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.

Online Programs



MindSpot

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



THIS WAY UP

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



Mental Health Online

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



MyCompass

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



MoodGYM

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



e-Couch

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



The BRAVE Program

A free program for prevention, intervention, and treatment of anxiety in young people.



BITE BACK

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



Centre for Clinical Interventions

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

Aboriginal and Torres Strait Islanders



WellMob

Social, emotional and cultural wellbeing online resources.



iBobbly

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