



# eMHprac

E-MENTAL HEALTH IN PRACTICE

## Health Practitioner Guide to Digital Mental Health Services and Resources

August 2024

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

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Digital mental health services and resources are digital technologies and platforms providing mental health support and intervention, including websites, programs and apps. Digital mental health services and resources offer accessible, affordable, and discreet care, overcoming traditional barriers to help-seeking. They have the potential to enhance standard care by optimising health practitioners' time and filling service gaps.

**Service and resource types**

<b>Psychological Treatment</b>	Structured, interactive psychological interventions that treat a specific mental health issue.
<b>Symptom Management and Wellbeing Tools</b>	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
<b>Counselling</b>	Supports people to work through a problem or crisis and provides information on where to get further help.
<b>Peer Support</b>	Facilitates connection to a trained peer worker or a community of peers.
<b>Screening and Referral</b>	Conducts screening and/or provides referrals to digital and/or face-to-face mental health services.
<b>Information</b>	Provides information and advice on mental health topics.

**Using resources with Aboriginal and Torres Strait Islander People**

While there is a lot of diversity among Aboriginal and Torres Strait Islander People and their perspectives on wellbeing, many digital resources are based on the social emotional wellbeing framework (SEWB). This framework takes a holistic view of health and recognises the impact of connection to Country, culture, spirituality, family, and community on the wellbeing of Australia's First Nations People.

**What is included in this directory**

All services and resources listed in this directory are:

- Developed in Australia
- Free to use or provided at cost (i.e. non-commercial)
- Informed by established evidence-based therapeutic approaches or have undergone sufficient evaluation.
- Government-funded, or developed by reputable organisations and experts in the mental health field.

**eMHPrac Online Directory**



Explore our online resource directory

**A Practical Guide for Health Practitioners**



Learn more about how to use digital mental health in your work

Not all digital mental health services and resources available online are based on evidence; eMHPrac exclusively lists services and resources that are evidence-based or evidence-informed.

**What does the research say?**

Digital psychological treatment programs have the strongest evidence for effectiveness in reducing mental health symptoms.

- In clinical trials, there is strong evidence that digital mental health treatments outperform inactive controls<sup>1</sup> and treatment as usual<sup>2</sup> in symptom reduction. Digital mental health treatment programs generally have good acceptability and users report high levels of satisfaction<sup>3</sup>.
- Digital mental health treatment programs with added therapist support perform as well as face-to-face treatment in clinical trials for some conditions<sup>3,4,5</sup>. There is strong evidence that therapist-guided digital mental health treatments are both cost effective and clinically effective in routine care<sup>6</sup>.
- Research shows that fully self-guided programs are also effective in symptom reduction<sup>7,8</sup>, and are most suited for people with sub-threshold anxiety and depression or mild symptoms<sup>2</sup>.
- Digital treatments are also effective for people with moderate to severe symptoms<sup>2,9</sup> or more complex mental health conditions, though therapist-support or blended care is recommended for these groups<sup>10,11</sup>.
- The evidence for digital mental health treatments is most established for anxiety and depression<sup>2,3,12</sup>. There is also growing evidence for a range of other mental health conditions including substance use<sup>1,13</sup>, PTSD<sup>14</sup>, and suicidality<sup>15,16</sup>.

The evidence regarding symptom management and wellbeing tools, which may include apps or programs designed to enhance wellbeing, is varied. Some apps have been shown to have small positive effects for reducing symptoms of anxiety, stress and depression and improving wellbeing when used regularly<sup>17,18</sup>. Before recommending a tool, we advise that practitioners check that its content and function are consistent with evidence-based practice.

**What is the evidence for digital resources for Aboriginal and Torres Strait Islander People?**

Stay Strong apps<sup>19,20</sup> and MindSpot programs<sup>21</sup> significantly improved psychological distress, anxiety and depressive symptoms in Australian First Nations participants. Other evidence-based resources have been evaluated for cultural barriers to engagement in this population, such as Beyond Now<sup>22</sup>.



Check out our [research evidence fact sheet](#) to find out more about the research evidence for each resource type.



Explore the citations above to learn more.

In addition to the eMHPrac online dMH resource directory, these online search portals can help health practitioners find safe, appropriate digital mental health services and resources for patients and clients, and guidance on how they can be used in practice.

**HEAD TO HEALTH**

**Head to Health**

<https://www.headtohealth.gov.au/>

A national digital mental health website from the Australian Government helping all Australians access mental health and wellbeing resources. Head to Health aims to make timely mental health advice, assessment and treatment more accessible, supporting people looking for mental health support for themselves, or someone else.



**WellMob**

<https://wellmob.org.au/>

WellMob brings together over 500 online social, emotional and cultural wellbeing (SEWB) resources for Aboriginal and Torres Strait Islander People. The website summarises and links to other websites, apps, podcasts, videos, helplines, social media and online programs that practitioners can use in and out of session with their First Nations clients. There are also training resources and workforce development content in understanding SEWB models of care, trauma informed practice and other best practice ideas.



**National Safety and Quality Digital Mental Health Standards**

<https://www.safetyandquality.gov.au/standards/national-safety-and-quality-digital-mental-health-standards>

The National Safety and Quality Digital Mental Health (NSQHS) Standards, released in November 2020, include 59 actions to describe the level of care and safeguards that a digital mental health service should provide. Their website includes a list of all Australian digital mental health services that have been accredited to the NSQDMH Standards.



**Black Dog Institute Health Professionals Resource and Education Hub**










<https://cop.learning.blackdoginstitute.org.au/#/>

A free learning hub helping health professionals access evidence-based digital resources. Includes free, evidence-based webinars and online learning modules designed for GPs and allied health professionals.














































# Digital Mental Health Services and Resources for Crisis Support

## Service and resource types

<b>Psychological Treatment</b>	Structured, interactive psychological interventions that treat specific mental health issues.
<b>Symptom Management and Wellbeing Tools</b>	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
<b>Counselling</b>	Supports people to work through a problem or crisis.
<b>Peer Support</b>	Facilitates connection to a peer worker or a community of peers.
<b>Screening and Referral</b>	Conducts screening and/or provides referrals to relevant mental health services.
<b>Information</b>	Provides information and advice on mental health topics.

 Free	 Accredited service
 Guided support available	 Practitioner required
 App	 Modules
 Forum	 Phone line
 SMS/online chat	










## Crisis

<b>13YARN</b>    An Indigenous-led crisis line for Australia's First Nations People, providing safe and confidential telephone support.	 13 92 76 (24/7)  <a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>
<b>1800RESPECT</b>    A domestic, family, and sexual violence phone, video, SMS and web-chat counselling service.	 1800 737 732 (24/7)  <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>Brother to Brother Crisis Line</b>   Crisis phone support line for Aboriginal men struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.	 1800 435 799 (24/7)  <a href="https://www.dardimunwurro.com.au/brother-to-brother/">https://www.dardimunwurro.com.au/brother-to-brother/</a>
<b>Defence Member and Family Helpline</b>   Phone support line for defence members and their families, providing assessment, assistance, advice or referral to relevant services.	 1800 624 608 (24/7)
<b>Drs4Drs</b>   Confidential urgent and non-urgent phone counselling for any doctor, medical student or their partner struggling with their mental health. Up to three counselling sessions, with links to doctors trained in doctor's health.	 1300 374 377 (24/7)  <a href="https://www.drs4drs.com.au/">https://www.drs4drs.com.au/</a>
<b>Full Stop Australia</b>    Telephone and web-chat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTQIA+ community.	 1800 385 578 (24/7)  1800 497 212 (24/7, for LGBTQIA+ community)  <a href="https://fullstop.org.au/">https://fullstop.org.au/</a>
<b>Kids Helpline</b>     Online and phone counselling and information service for young people (5-25 yrs).	 1800 55 1800 (24/7)  <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Lifeline</b>     Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.	 13 11 14 (24/7)  <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
<b>Suicide Call Back Service</b>     Online, telephone and video counselling for people (15 yrs+) in Australia who are feeling suicidal or affected by suicide.	 1300 659 467 (24/7)  <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>



























# Digital Mental Health Services and Resources by Topic

## Service and resource types

<b>Psychological Treatment</b>	Structured, interactive psychological interventions that treat specific mental health issues.
<b>Symptom Management and Wellbeing Tools</b>	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
<b>Counselling</b>	Supports people to work through a problem or crisis.
<b>Peer Support</b>	Facilitates connection to a peer worker or a community of peers.
<b>Screening and Referral</b>	Conducts screening and/or provides referrals to relevant mental health services.
<b>Information</b>	Provides information and advice on mental health topics.

 Free	 Accredited service
 Guided support available	 Practitioner required
 App	 Modules
 Forum	 Phone line
 SMS/online chat	




## Anxiety

<b>Beyond Blue</b>    <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	 1300 22 4636 (24/7)  <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Blue Pages</b>   <b>SCREENING AND REFERRAL</b> Screening tools for depression (GDS) and anxiety (GAS), brief normative feedback and links to self-help, crisis, public, private, and community mental health services in each state or territory.	 <a href="https://bluepages.anu.edu.au/">https://bluepages.anu.edu.au/</a>
<b>Centre for Clinical Interventions</b>   <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.	 <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>
<b>Cool Little Kids Online</b>  <b>PSYCHOLOGICAL TREATMENT</b> A self-guided, online CBT program for parents or caregivers of shy or anxious children (3-6 yrs). Registration costs \$180.	 <a href="https://www.coollittlekids.org.au/login">https://www.coollittlekids.org.au/login</a>
<b>eCouch</b>    <i>Anxiety and Worry   Social Anxiety</i> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> CBT and IPT self-directed programs for symptoms of depression, generalised anxiety, and social anxiety, and for wellbeing support through separation/divorce or bereavement/loss (16yrs+). <b>SCREENING AND REFERRAL</b> Screening tools for anxiety (GAS) and social anxiety (SOPHS) with brief feedback and links to crisis support and information on getting help (16yrs+). Also offer self-directed mental health and wellbeing programs.	 <a href="https://www.ecouch.com.au/">https://www.ecouch.com.au/</a>
<b>headspace</b>      <b>INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	 1800 650 890 (9am-1am)  <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b>     <b>COUNSELLING   INFORMATION</b> Online and phone counselling and information service for young people (5-25 yrs).	 1800 55 1800 (24/7)  <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Mello</b>   <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A CBT, DBT and ACT-based app to help young people (16-25yrs) break free of repetitive negative thoughts such as worry or rumination.	 <a href="https://www.mello.org.au/">https://www.mello.org.au/</a>  Available on App Store and Google Play




















Anxiety	
<b>MensLine</b> 📞 📧 📱 📺 <b>COUNSELLING</b> A telephone, video and online counselling service offering support to men in Australia.	📞 1300 78 99 78 (24/7) 🔗 <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>Mental Health Online</b> 📞 📧 📱 📺 <i>Panic Stop!   Social Anxiety   Depression-Anxiety   Anxiety and Worry</i> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> VR mindfulness tools, and 12-week CBT treatment programs with optional guided support for depression, anxiety conditions, OCD and PTSD (18+). <b>SCREENING AND REFERRAL</b> Online screening (ePASS) with feedback and referral to external supports and their own CBT programs for depression, anxiety conditions, OCD and PTSD (18+).	🔗 <a href="https://www.mentalhealthonline.org.au/">https://www.mentalhealthonline.org.au/</a>
<b>MindSpot</b> 📞 📧 📱 📺 <i>Wellbeing   Wellbeing Plus   Mood Mechanic</i> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. <b>SCREENING AND REFERRAL</b> Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🔗 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
<b>Momentum</b> 📞 📺 <b>PSYCHOLOGICAL TREATMENT</b> Self-guided CBT treatment programs for young people (7-17yrs) to manage feelings of anxiety and depression, addressing common associated difficulties such as sleep problems and help-seeking. <b>SCREENING AND REFERRAL</b> Clinically validated screening measures for young people (7-17 yrs) with anxiety and depression, with tailored, self-guided online treatment programs.	🔗 <a href="https://www.momentumhub.org.au/">https://www.momentumhub.org.au/</a>
<b>moodgym</b> 📞 📧 📱 📺 <b>PSYCHOLOGICAL TREATMENT</b> Interactive, self-guided CBT program for the prevention and management of symptoms of anxiety and depression.	🔗 <a href="https://www.moodgym.com.au/">https://www.moodgym.com.au/</a>
<b>MoodMission</b> 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A CBT-based app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.	🔗 <a href="https://moodmission.com/">https://moodmission.com/</a> 📱 Available on App Store and Google Play



Anxiety	
<b>MOST</b> 📞 📧 📱 📺 📺 <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT</b> Peer and professional web-chat support service with modules to help young people (12-25yrs) with depression, anxiety or sleep problems. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.	🔗 <a href="https://most.org.au/">https://most.org.au/</a> 📱 Available on App Store and Google Play
<b>My Circle</b> 📞 📧 📱 📺 <b>PEER SUPPORT</b> A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	🔗 <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>myCompass</b> 📞 📧 📱 📺 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress better manage their wellbeing.	🔗 <a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
<b>OCD and Anxiety Helpline</b> 📞 📞 <b>COUNSELLING</b> Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people. Available Monday to Friday between 10am and 7pm.	📞 1300 269 438 📞 03 9830 0533 🔗 <a href="https://arcvic.org.au/our-services/helpline">https://arcvic.org.au/our-services/helpline</a>
<b>ReachOut</b> 📞 📧 📱 📺 <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>ReachOut WorryTime</b> 📞 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An app to help manage anxiety and stress by setting aside time to address worries every day.	🔗 <a href="https://au.reachout.com/tools-and-apps/reachout-worrytime">https://au.reachout.com/tools-and-apps/reachout-worrytime</a> 📱 Available on App Store and Google Play
<b>SANE</b> 📞 📧 📱 📺 📞 <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.	📞 1800 187 263 🔗 <a href="https://www.sane.org/">https://www.sane.org/</a>
<b>The BRAVE Program</b> 📞 📺 <b>PSYCHOLOGICAL TREATMENT</b> Self-guided CBT treatment programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.	🔗 <a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a>



## Anxiety

<p><b>The Online Clinic</b> </p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a></p>
<p><b>THIS WAY UP</b>  </p> <p><i>Generalised Anxiety   Social Anxiety   Health Anxiety   Panic   Anxiety and Depression   Teen Worry and Sadness</i></p> <p><b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.</p>	<p><a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a></p>

## Bipolar Disorder

<p><b>Centre for Clinical Interventions</b>  </p> <p><b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.</p>	<p><a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a></p>
<p><b>headspace</b>     </p> <p><b>INFORMATION</b></p> <p>Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.</p>	<p> 1800 650 890 (9am-1am)</p> <p><a href="https://headspace.org.au/">https://headspace.org.au/</a></p>
<p><b>ReachOut</b>    </p> <p><b>PEER SUPPORT   INFORMATION</b></p> <p>Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.</p>	<p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p>
<p><b>SANE</b>     </p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.</p>	<p> 1800 187 263</p> <p><a href="https://www.sane.org/">https://www.sane.org/</a></p>
<p><b>The Online Clinic</b> </p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a></p>






















Chronic Health Conditions	
<p><b>CanTeen Connect</b>    </p> <p><a href="#">COUNSELLING</a>   <a href="#">PEER SUPPORT</a></p> <p>App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.</p>	<p><a href="https://canteenconnect.org/">https://canteenconnect.org/</a></p> <p> Available on App Store and Google Play</p>
<p><b>Finding My Way</b>  </p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Self-directed online program providing wellbeing skills for adults undergoing treatment for cancer.</p>	<p><a href="https://findingmyway.org.au/">https://findingmyway.org.au/</a></p>
<p><b>MindSpot</b>    </p> <p><i>Pain   Chronic Conditions</i></p> <p><a href="#">PSYCHOLOGICAL TREATMENT</a>   <a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Information and online CBT treatment programs with optional therapist guided support for adults with anxiety &amp; depression, OCD, PTSD, chronic pain, and chronic conditions.</p> <p><a href="#">SCREENING AND REFERRAL</a></p> <p>Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.</p>	<p><a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a></p>
<p><b>My Circle</b>    </p> <p><a href="#">PEER SUPPORT</a></p> <p>A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.</p>	<p><a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a></p>
<p><b>Parenting Through Cancer</b>  </p> <p><a href="#">COUNSELLING</a>   <a href="#">PEER SUPPORT</a></p> <p>Advice, counselling, and peer support for parents dealing with their own or a family member's cancer diagnosis.</p>	<p><a href="https://parentingthroughcancer.org.au/">https://parentingthroughcancer.org.au/</a></p>
<p><b>ReachOut</b>    </p> <p><a href="#">PEER SUPPORT</a>   <a href="#">INFORMATION</a></p> <p>Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.</p>	<p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p>




Chronic Health Conditions	
<p><b>THIS WAY UP</b>  </p> <p><i>Chronic Pain</i></p> <p><a href="#">PSYCHOLOGICAL TREATMENT</a>   <a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available.</p> <p><a href="#">SCREENING AND REFERRAL</a></p> <p>Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.</p>	<p><a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a></p>



Depression	
<b>Beyond Blue</b> 📞 📧 📱 🗣️ COUNSELLING   PEER SUPPORT   INFORMATION Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	📞 1300 22 4636 (24/7) 🔗 <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Blue Pages</b> 📄 🛡️ INFORMATION Information on the symptoms of and treatments for depression, and detailed links to other supports. SCREENING AND REFERRAL Screening tools for depression (GDS) and anxiety (GAS), brief normative feedback and links to self-help, crisis, public, private, and community mental health services in each state or territory.	🔗 <a href="https://bluepages.anu.edu.au/">https://bluepages.anu.edu.au/</a>
<b>Centre for Clinical Interventions</b> 📄 📱 PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.	🔗 <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>
<b>eCouch</b> 📄 🛡️ 📱 Depression PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL CBT and IPT self-directed programs for symptoms of depression, generalised anxiety, and social anxiety, and for wellbeing support through separation/divorce or bereavement/loss (16yrs+). SCREENING AND REFERRAL Screening tools for anxiety (GAS) and social anxiety (SOPHS) with brief feedback and links to crisis support and information on getting help (16yrs+). Also offer self-directed mental health and wellbeing programs.	🔗 <a href="https://www.ecouch.com.au/">https://www.ecouch.com.au/</a>
<b>eFriend</b> 📞 📱 PEER SUPPORT Phone or video connection to a peer worker for people feeling low, lonely or isolated.	🔗 <a href="https://icla.org.au/efriend/">https://icla.org.au/efriend/</a>
<b>headspace</b> 📄 🛡️ 📱 🗣️ 📞 COUNSELLING   INFORMATION Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b> 📄 🛡️ 📱 🗣️ COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🔗 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>

Depression	
<b>Mello</b> 📄 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL A CBT, DBT and ACT-based app to help young people (16-25yrs) break free of repetitive negative thoughts such as worry or rumination.	🔗 <a href="https://www.mello.org.au/">https://www.mello.org.au/</a> 📱 Available on App Store and Google Play
<b>MensLine</b> 📞 🛡️ 📱 🗣️ COUNSELLING A telephone, video and online counselling service offering support to men in Australia.	📞 1300 78 99 78 (24/7) 🔗 <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>Mental Health Online</b> 📄 🛡️ 📱 🗣️ Depression   Depression-Anxiety PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL VR mindfulness tools, and 12-week CBT treatment programs with optional guided support for depression, anxiety conditions, OCD and PTSD (18+). SCREENING AND REFERRAL Online screening (ePASS) with feedback and referral to external supports and their own CBT programs for depression, anxiety conditions, OCD and PTSD (18+).	🔗 <a href="https://www.mentalhealthonline.org.au/">https://www.mentalhealthonline.org.au/</a>
<b>MindSpot</b> 📄 🛡️ 📱 🗣️ Wellbeing   Wellbeing Plus   Mood Mechanic PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. SCREENING AND REFERRAL Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🔗 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
<b>Momentum</b> 📄 📱 PSYCHOLOGICAL TREATMENT Self-guided CBT treatment programs for young people (7-17yrs) to manage feelings of anxiety and depression, addressing common associated difficulties such as sleep problems and help-seeking. SCREENING AND REFERRAL Clinically validated screening measures for young people (7-17 yrs) with anxiety and depression, with tailored, self-guided online treatment programs.	🔗 <a href="https://www.momentumhub.org.au/">https://www.momentumhub.org.au/</a>
<b>moodgym</b> 📄 🛡️ 📱 PSYCHOLOGICAL TREATMENT Interactive, self-guided CBT program for the prevention and management of symptoms of anxiety and depression.	🔗 <a href="https://www.moodgym.com.au/">https://www.moodgym.com.au/</a>

Depression	
<b>MoodMission</b>  SYMPTOM MANAGEMENT AND WELLBEING TOOL A CBT-based app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.	<a href="https://moodmission.com/">https://moodmission.com/</a>  Available on App Store and Google Play
<b>MOST</b>       PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT Peer and professional web-chat support service with modules to help young people (12-25yrs) with depression, anxiety or sleep problems. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.	<a href="https://most.org.au/">https://most.org.au/</a>  Available on App Store and Google Play
<b>My Circle</b>    PEER SUPPORT A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	<a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>myCompass</b>    SYMPTOM MANAGEMENT AND WELLBEING TOOL A self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress better manage their wellbeing.	<a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
<b>ReachOut</b>     PEER SUPPORT   INFORMATION Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>SANE</b>      COUNSELLING   PEER SUPPORT   INFORMATION Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.	1800 187 263 <a href="https://www.sane.org/">https://www.sane.org/</a>
<b>The Online Clinic</b>  SCREENING AND REFERRAL Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).	<a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a>









Depression	
<b>THIS WAY UP</b>   Depression   Anxiety and Depression   Teen Worry and Sadness PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available. SCREENING AND REFERRAL Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.	<a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
<b>You Are Not Alone</b>  SYMPTOM MANAGEMENT AND WELLBEING TOOL A website providing information for people supporting someone who has suicidal thoughts or who has attempted suicide.	<a href="https://www.sane.org/you-are-not-alone">https://www.sane.org/you-are-not-alone</a>

Eating Disorders	
<p><b>Butterfly Foundation</b> 🗣️ 📞 📧</p> <p>PSYCHOLOGICAL TREATMENT   COUNSELLING   PEER SUPPORT   INFORMATION</p> <p>Information, online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.</p> <p>SCREENING AND REFERRAL</p> <p>Online IOI screening tool for eating disorders with brief feedback and links to information and specialised support options.</p>	<p>📞 1800 33 4673</p> <p>🔗 <a href="https://butterfly.org.au/">https://butterfly.org.au/</a></p>
<p><b>Centre for Clinical Interventions</b> 🗣️ 📄</p> <p>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</p> <p>Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.</p>	<p>🔗 <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a></p>
<p><b>Feed Your Instinct</b> 🗣️</p> <p>SYMPTOM MANAGEMENT AND WELLBEING TOOL</p> <p>Interactive checklist providing practical tips and guidance for parents and caregivers of children and young people experiencing eating and/or body image problems to support connection to professional help.</p> <p>SCREENING AND REFERRAL</p> <p>Parent-report interactive checklist (FYI Eating and Body Image Checklist) for parents and caregivers of children and young people experiencing eating and/or body image problems with downloadable personalised report.</p>	<p>🔗 <a href="https://feedyourinstinct.com.au/">https://feedyourinstinct.com.au/</a></p>
<p><b>headspace</b> 🗣️ 📄 📞 📧</p> <p>SYMPTOM MANAGEMENT AND WELLBEING TOOLS   INFORMATION</p> <p>Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.</p>	<p>📞 1800 650 890 (9am-1am)</p> <p>🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a></p>
<p><b>Inside Out Institute for Eating Disorders</b> 🗣️</p> <p>SCREENING AND REFERRAL</p> <p>Online screening tools (IOI Screener, EDE-Q), with brief feedback, links to information, and referral to face-to-face services for eating disorders.</p>	<p>🔗 <a href="https://insideoutinstitute.org.au/">https://insideoutinstitute.org.au/</a></p>
<p><b>Kids Helpline</b> 🗣️ 📞 📧</p> <p>COUNSELLING   INFORMATION</p> <p>Online and phone counselling and information service for young people (5-25 yrs).</p>	<p>📞 1800 55 1800 (24/7)</p> <p>🔗 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p>
<p><b>My Circle</b> 🗣️ 📄 📞</p> <p>PEER SUPPORT</p> <p>A safe, moderated, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.</p>	<p>🔗 <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a></p>

Eating Disorders	
<p><b>Reach Out and Recover (ROAR)</b> 🗣️</p> <p>SYMPTOM MANAGEMENT AND WELLBEING TOOL</p> <p>Interactive website to build insight and promote help-seeking in adults with eating or body image concerns, regardless of their stage of recovery.</p> <p>SCREENING AND REFERRAL</p> <p>Novel online screen (ROAR screen) and interactive website to build insight and promote help-seeking in adults with eating or body image concerns. Downloadable summary report and brief tips for next steps towards recovery.</p>	<p>🔗 <a href="https://reachoutandrecover.com.au/">https://reachoutandrecover.com.au/</a></p>
<p><b>ReachOut</b> 🗣️ 📄 📞 📧</p> <p>PEER SUPPORT   INFORMATION</p> <p>Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.</p>	<p>🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a></p>
<p><b>SANE</b> 🗣️ 📄 📞 📧</p> <p>COUNSELLING   PEER SUPPORT   INFORMATION</p> <p>Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.</p>	<p>📞 1800 187 263</p> <p>🔗 <a href="https://www.sane.org/">https://www.sane.org/</a></p>
<p><b>The Online Clinic</b> 🗣️</p> <p>SCREENING AND REFERRAL</p> <p>Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).</p>	<p>🔗 <a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a></p>
<p><b>The Shared Table</b> 🗣️ 📄</p> <p>SYMPTOM MANAGEMENT AND WELLBEING TOOL</p> <p>An online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.</p>	<p>🔗 <a href="https://edqsharedtable.com.au/">https://edqsharedtable.com.au/</a></p>

Grief and Loss	
<b>Aged Care Grief and Bereavement Service</b> 📞 📧 COUNSELLING Phone counselling and online support groups for people living in aged care experiencing grief and bereavement, as well as their families and support people.	📞 1800 22 22 00 🌐 <a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a>
<b>Centre for Clinical Interventions</b> 📞 📧 SYMPTOM MANAGEMENT AND WELLBEING TOOL Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.	🌐 <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>
<b>eCouch</b> 📞 📧 📱 <i>Loss and Bereavement</i> SYMPTOM MANAGEMENT AND WELLBEING TOOL CBT and IPT self-directed programs for symptoms of depression, generalised anxiety, and social anxiety, and for wellbeing support through separation/divorce or bereavement/loss (16yrs+).	🌐 <a href="https://www.ecouch.com.au/">https://www.ecouch.com.au/</a>
<b>Griefline</b> 📞 📧 📱 COUNSELLING   PEER SUPPORT   INFORMATION Free phone support line for adults experiencing grief and loss or G'Day Line for older Australians (50+) seeking a sense of support and belonging. Also offers peer support forums and groups.	📞 1300 845 745 (8am-8pm) 📞 1300 920 552 (8am-8pm, G'Day Line) 🌐 <a href="https://griefline.org.au/">https://griefline.org.au/</a>
<b>Guiding Light</b> 📞 📧 📱 COUNSELLING   PEER SUPPORT Online and telephone support for parents/caregivers and families after the death of a child, with access to online peer support.	📞 1300 308 307 (24/7) 🌐 <a href="https://rednosegriefandloss.org.au/support">https://rednosegriefandloss.org.au/support</a>
<b>Kids Helpline</b> 📞 📧 📱 COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🌐 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>

Obsessive Compulsive Disorder (OCD)	
<b>headspace</b> 📞 📧 📱 📧 📱 📧 INFORMATION Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🌐 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b> 📞 📧 📱 📧 COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🌐 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Mental Health Online</b> 📞 📧 📱 📧 <i>OCD Stop!</i> PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL VR mindfulness tools, and 12-week CBT treatment programs with optional guided support for depression, anxiety conditions, OCD and PTSD (18+). SCREENING AND REFERRAL Online screening (ePASS) with feedback and referral to external supports and their own CBT programs for depression, anxiety conditions, OCD and PTSD (18+).	🌐 <a href="https://www.mentalhealthonline.org.au/">https://www.mentalhealthonline.org.au/</a>
<b>MindSpot</b> 📞 📧 📱 📧 <i>OCD</i> PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. SCREENING AND REFERRAL Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🌐 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
<b>OCD and Anxiety Helpline</b> 📞 📧 COUNSELLING Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people. Available Monday to Friday between 10am and 7pm.	📞 1300 269 438 📞 03 9830 0533 🌐 <a href="https://arcvic.org.au/our-services/helpline">https://arcvic.org.au/our-services/helpline</a>
<b>OCD? Not Me!</b> 📞 📧 PSYCHOLOGICAL TREATMENT An eight-week, self-guided exposure response prevention program for young people (12-18 yrs) with OCD. Weekly tips for parents and caregivers.	🌐 <a href="https://www.ocdnotme.com.au/">https://www.ocdnotme.com.au/</a>

Obsessive Compulsive Disorder (OCD)	
<p><b>SANE</b>     </p> <p><a href="#">COUNSELLING</a>   <a href="#">PEER SUPPORT</a>   <a href="#">INFORMATION</a></p> <p>Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.</p>	<p>1800 187 263</p> <p><a href="https://www.sane.org/">https://www.sane.org/</a></p>
<p><b>The Online Clinic</b> </p> <p><a href="#">SCREENING AND REFERRAL</a></p> <p>Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).</p>	<p><a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a></p>
<p><b>THIS WAY UP</b>  </p> <p><i>OCD</i></p> <p><a href="#">PSYCHOLOGICAL TREATMENT</a>   <a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available.</p> <p><a href="#">SCREENING AND REFERRAL</a></p> <p>Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.</p>	<p><a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a></p>








Relationships and Interpersonal Issues	
<p><b>1800RESPECT</b>   </p> <p><a href="#">COUNSELLING</a>   <a href="#">INFORMATION</a></p> <p>A domestic, family, and sexual violence phone, video, SMS and web-chat counselling service.</p>	<p>1800 737 732 (24/7)</p> <p><a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a></p>
<p><b>Better Man</b>  </p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>A brief early intervention tool supporting men to reflect on their behaviour in relationships and make positive changes.</p>	<p><a href="https://www.betterman.org.au/">https://www.betterman.org.au/</a></p>
<p><b>Beyond Silence</b>  </p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Information modules for women who are worried about sex and consent in their relationships to promote help-seeking and recovery.</p>	<p><a href="https://www.beyondsilence.org.au/">https://www.beyondsilence.org.au/</a></p>
<p><b>BITE BACK</b>  </p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Six self-guided, weekly positive psychology challenges for young Australians (13-16yrs), to reduce stress and improve focus, friendships and emotional wellbeing.</p>	<p><a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a></p>
<p><b>Breakup Shakeup</b>  </p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Behavioural activation app supporting adolescents and young adults to cope after a breakup.</p>	<p>Available on App Store</p>
<p><b>Centre for Clinical Interventions</b>  </p> <p><a href="#">PSYCHOLOGICAL TREATMENT</a>   <a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.</p>	<p><a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a></p>
<p><b>Changing For Good</b>  </p> <p><a href="#">COUNSELLING</a></p> <p>Multi-session telephone counselling programs for men who want to develop healthy and respectful relationships with the people in their lives.</p>	<p><a href="https://mensline.org.au/family-violence/changing-for-good/">https://mensline.org.au/family-violence/changing-for-good/</a></p>
<p><b>eCouch</b>   </p> <p><i>Divorce and Separation</i></p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>CBT and IPT self-directed programs for symptoms of depression, generalised anxiety, and social anxiety, and for wellbeing support through separation/divorce or bereavement/loss (16yrs+).</p>	<p><a href="https://www.ecouch.com.au/">https://www.ecouch.com.au/</a></p>
<p><b>Family Connect</b> </p> <p><a href="#">SYMPTOM MANAGEMENT AND WELLBEING TOOL</a></p> <p>Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.</p>	<p><a href="https://www.familyconnect.org.au/">https://www.familyconnect.org.au/</a></p>

Relationships and Interpersonal Issues	
<b>Full Stop Australia</b> 📞 📧 📱 COUNSELLING Telephone and web-chat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTQIA+ community.	📞 1800 385 578 (24/7) 📞 1800 497 212 (24/7, for LGBTQIA+ community) 🌐 <a href="https://fullstop.org.au/">https://fullstop.org.au/</a>
<b>headspace</b> 📞 📧 📱 📺 📺 📺 SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT   INFORMATION Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🌐 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b> 📞 📧 📱 COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🌐 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Men's Referral Service</b> 📞 📧 COUNSELLING Counselling, information and referral phonenumber supporting men who use violence and abuse to change their behaviour.	📞 1300 766 491 (24/7) 🌐 <a href="https://ntv.org.au/mrs/">https://ntv.org.au/mrs/</a>
<b>MensLine</b> 📞 📧 📱 COUNSELLING A telephone, video and online counselling service offering support to men in Australia.	📞 1300 78 99 78 (24/7) 🌐 <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>My Circle</b> 📞 📧 📱 PEER SUPPORT A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	🌐 <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>Parents Beyond Breakup Helpline</b> 📞 PEER SUPPORT A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups.	📞 1300 853 437 (9am-4pm) 🌐 <a href="https://parentsbeyondbreakup.com/">https://parentsbeyondbreakup.com/</a>
<b>QLife</b> 📞 📧 📱 PEER SUPPORT Anonymous one-on-one peer support phone and web-chat service for members of the LGBTQIA+ community.	📞 1800 184 527 (3pm-12am) 🌐 <a href="https://qlife.org.au/">https://qlife.org.au/</a>
<b>ReachOut</b> 📞 📧 📱 📺 📺 PEER SUPPORT   INFORMATION Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	

Relationships and Interpersonal Issues	
<b>Say It Out Loud</b> 📞 SYMPTOM MANAGEMENT AND WELLBEING TOOL Toolkit for the LGBTQIA+ community on sexual, family and intimate partner violence and how to support each other.	🌐 <a href="https://sayitoutloud.org.au/?state=all">https://sayitoutloud.org.au/?state=all</a>
<b>Sunny</b> 📞 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL An app to support people with disability who have experienced violence and abuse understand what has happened and find appropriate support.	🌐 <a href="https://1800respect.org.au/sunny">https://1800respect.org.au/sunny</a> 📱 Available on App Store and Google Play
<b>The Allen Adventure</b> 📞 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL An app teaching emotional literacy and social skills to foster respectful relationships in children under 8yrs.	🌐 <a href="https://bullyingnoway.gov.au/resources/early-childhood-to-year2">https://bullyingnoway.gov.au/resources/early-childhood-to-year2</a> 📱 Available on App Store and Google Play
<b>What's OK at Home? (WOAH)</b> 📞 SYMPTOM MANAGEMENT AND WELLBEING TOOL A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.	🌐 <a href="https://woah.org.au/">https://woah.org.au/</a>

Severe and Complex Mental Health	
<b>headspace</b> 📞 📧 📱 📄 📧 📞 <b>INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>ReachOut</b> 📞 📧 📱 📄 📧 📞 <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>SANE</b> 📞 📧 📱 📄 📧 📞 <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.	📞 1800 187 263 🔗 <a href="https://www.sane.org/">https://www.sane.org/</a>
<b>The Online Clinic</b> 📞 <b>SCREENING AND REFERRAL</b> Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).	🔗 <a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a>
<b>You Are Not Alone</b> 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A website providing information for people supporting someone who has suicidal thoughts or who has attempted suicide.	🔗 <a href="https://www.sane.org/you-are-not-alone">https://www.sane.org/you-are-not-alone</a>

Sleep	
<b>Centre for Clinical Interventions</b> 📞 📧 📱 📄 📧 📞 <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.	🔗 <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>
<b>headspace</b> 📞 📧 📱 📄 📧 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Momentum</b> 📞 📧 📱 📄 📧 📞 <b>PSYCHOLOGICAL TREATMENT</b> Self-guided CBT treatment programs for young people (7-17yrs) to manage feelings of anxiety and depression, addressing common associated difficulties such as sleep problems and help-seeking. <b>SCREENING AND REFERRAL</b> Clinically validated screening measures for young people (7-17 yrs) with anxiety and depression, with tailored, self-guided online treatment programs.	🔗 <a href="https://www.momentumhub.org.au/">https://www.momentumhub.org.au/</a>
<b>MOST</b> 📞 📧 📱 📄 📧 📞 <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT</b> Peer and professional web-chat support service with modules to help young people (12-25yrs) with depression, anxiety or sleep problems. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.	🔗 <a href="https://most.org.au/">https://most.org.au/</a> 📱 Available on App Store and Google Play
<b>myCompass</b> 📞 📧 📱 📄 📧 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress better manage their wellbeing.	🔗 <a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
<b>ReachOut</b> 📞 📧 📱 📄 📧 📞 <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>Sleep Ninja</b> 📞 📧 📱 📄 📧 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An app to help young people (12-16 yrs) improve their sleep quality.	🔗 <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/</a> 📱 Available on App Store and Google Play

Sleep	
<p><b>Smiling Mind</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.</p>	<p> <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p> <p> Available on App Store and Google Play</p>
<p><b>THIS WAY UP</b>  </p> <p><i>Insomnia</i></p> <p><b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.</p>	<p> <a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a></p>

Stress and Wellbeing	
<p><b>Birdie's Tree (Children's Health QLD)</b> </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Online storybooks and interactive games to help young children up to school age and their families grow through natural disasters and disruptive events.</p>	<p> <a href="https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery/">https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery/</a></p>
<p><b>BITE BACK</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Six self-guided, weekly positive psychology challenges for young Australians (13-16yrs), to reduce stress and improve focus, friendships and emotional wellbeing.</p>	<p> <a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a></p>
<p><b>Centre for Clinical Interventions</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Digital CBT workbooks and materials for clinicians to support their clients or patients with a range of mental health issues, including eating and body image issues, bipolar, anxiety, and depression.</p>	<p> <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a></p>
<p><b>eFriend</b>  </p> <p><b>PEER SUPPORT</b></p> <p>Phone or video connection to a peer worker for people feeling low, lonely or isolated.</p>	<p> <a href="https://icla.org.au/efriend/">https://icla.org.au/efriend/</a></p>
<p><b>Family Connect</b> </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.</p>	<p> <a href="https://www.familyconnect.org.au/">https://www.familyconnect.org.au/</a></p>
<p><b>Friendline</b>   </p> <p><b>PEER SUPPORT</b></p> <p>Phone line and webchat service for Australian adults who want to reconnect by chatting with trained volunteers.</p>	<p> <a href="https://www.friendline.org.au/">https://www.friendline.org.au/</a></p>
<p><b>ifarmwell</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Online toolkit to help Australian farmers cope with stress and improve their wellbeing.</p>	<p> <a href="https://ifarmwell.com.au/">https://ifarmwell.com.au/</a></p>
<p><b>Kids Helpline</b>    </p> <p><b>COUNSELLING   INFORMATION</b></p> <p>Online and phone counselling and information service for young people (5-25 yrs).</p>	<p> 1800 55 1800 (24/7)</p> <p> <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p>
<p><b>Mello</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>A CBT, DBT and ACT-based app to help young people (16-25yrs) break free of repetitive negative thoughts such as worry or rumination.</p>	<p> <a href="https://www.mello.org.au/">https://www.mello.org.au/</a></p> <p> Available on App Store and Google Play</p>



## Stress and Wellbeing

<b>MensLine</b> 📞 📧 📱 🗣️ <b>COUNSELLING</b> A telephone, video and online counselling service offering support to men in Australia.	📞 1300 78 99 78 (24/7) 🔗 <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>MindSpot</b> 📞 📧 📱 🗣️ <i>Wellbeing   Wellbeing Plus   Mood Mechanic</i> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. <b>SCREENING AND REFERRAL</b> Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🔗 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
<b>moodgym</b> 📞 📧 📱 🗣️ <b>PSYCHOLOGICAL TREATMENT</b> Interactive, self-guided CBT program for the prevention and management of symptoms of anxiety and depression.	🔗 <a href="https://www.moodgym.com.au/">https://www.moodgym.com.au/</a>
<b>MoodMission</b> 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A CBT-based app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.	🔗 <a href="https://moodmission.com/">https://moodmission.com/</a> 📱 Available on App Store and Google Play
<b>MoodPrism</b> 📞 📧 📱 🗣️ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A mood tracking app providing resources to improve emotional awareness and mental wellbeing.	🔗 <a href="https://moodprismapp.com/">https://moodprismapp.com/</a> 📱 Available on App Store and Google Play
<b>My Circle</b> 📞 📧 📱 🗣️ <b>PEER SUPPORT</b> A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	🔗 <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>myCompass</b> 📞 📧 📱 🗣️ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A self-guided CBT toolkit to help adults with mild to moderate levels of anxiety, depression, and stress better manage their wellbeing.	🔗 <a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
<b>QLife</b> 📞 📧 📱 🗣️ <b>PEER SUPPORT</b> Anonymous one-on-one peer support phone and web-chat service for members of the LGBTIQ+ community.	📞 1800 184 527 (3pm-12am) 🔗 <a href="https://qlife.org.au/">https://qlife.org.au/</a>

## Stress and Wellbeing

<b>ReachOut</b> 📞 📧 📱 🗣️ <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>ReachOut WorryTime</b> 📞 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An app to help manage anxiety and stress by setting aside time to address worries every day.	🔗 <a href="https://au.reachout.com/tools-and-apps/reachout-worrytime">https://au.reachout.com/tools-and-apps/reachout-worrytime</a> 📱 Available on App Store and Google Play
<b>Smiling Mind</b> 📞 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.	🔗 <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a> 📱 Available on App Store and Google Play
<b>Stress Less Tips</b> 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Tips to help support mental health and wellbeing by decreasing stress.	🔗 <a href="https://www.stresslesstips.org.au/">https://www.stresslesstips.org.au/</a>
<b>THIS WAY UP</b> 📞 📱 <i>Mindfulness-Enhanced CBT   Teen Worry and Sadness   Stress Management   Mindfulness   Student Wellbeing</i> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available. <b>SCREENING AND REFERRAL</b> Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.	🔗 <a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
<b>Weathering Well</b> 📱 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A clinician facilitated app to guide a strengths-based conversation addressing mental wellbeing and alcohol and drug use for people in farming communities.	📱 Available on App Store and Google Play

Substance Use and Addictive Behaviours	
<b>Alcohol and Drug Foundation</b> ⓘ <b>INFORMATION</b> Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.	<a href="https://adf.org.au/">https://adf.org.au/</a>
<b>Alcohol and Drug Foundation</b> ⓘ <i>Path2Help</i> <b>SCREENING AND REFERRAL</b> Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.	<a href="https://adf.org.au/help-support/path2help/">https://adf.org.au/help-support/path2help/</a>
<b>Alcohol and Drug Foundation</b> ⓘ 📞 <i>Text the Effects</i> <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An anonymous SMS service providing confidential information about the effects of drugs and tips to reduce harm.	📞 0439 835 563 <a href="https://adf.org.au/resources/text-the-effects/">https://adf.org.au/resources/text-the-effects/</a>
<b>become</b> ⓘ 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Self-guided online program to support the wellbeing of people who have experienced trauma and use alcohol or other substances.	<a href="https://become.cracksintheice.org.au/">https://become.cracksintheice.org.au/</a>
<b>Breathing Space</b> ⓘ 📱 📲 <b>PEER SUPPORT</b> Secure app or web forum providing access to an online community of peers to improve wellbeing and resilience while supporting someone with drug or alcohol use.	<a href="https://breathingspace.community/">https://breathingspace.community/</a> 📱 Available on App Store and Google Play
<b>Counselling Online</b> ⓘ 📱 📲 📞 <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT</b> Webchat counselling, online modules, self-management tools, and a community support forum for alcohol and substance use. <b>SCREENING AND REFERRAL</b> Screening tools (AUDIT, DUDIT, K10) with brief feedback and referral to Counselling Online's own relevant counselling, peer support forum and self-guided services.	<a href="https://www.counsellingonline.org.au/">https://www.counsellingonline.org.au/</a>
<b>Crystal Clear</b> ⓘ 📱 <b>PSYCHOLOGICAL TREATMENT</b> Brief motivational interviewing program to help people who use stimulants reflect on their current use.	<a href="https://crystalclear.org.au/">https://crystalclear.org.au/</a>
<b>Daybreak</b> ⓘ 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   PEER SUPPORT</b> An app providing community support and self-monitoring tools to help people change their relationship with alcohol.	<a href="https://hellosundaymorning.org/daybreak/">https://hellosundaymorning.org/daybreak/</a> 📱 Available on App Store and Google Play

Substance Use and Addictive Behaviours	
<b>eCLiPSE</b> ⓘ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Portal to access online craving-management tools and self-guided courses for people (16+) with co-occurring mental health and substance use problems. <b>SCREENING AND REFERRAL</b> Screening tools for people (16+) with co-occurring mental health and substance use problems (including the AUDIT, CUDIT, SDS for methamphetamine, benzodiazepine, and heroin use). Downloadable report and links to craving-management tools and self-guided courses.	<a href="https://eclipse.org.au/">https://eclipse.org.au/</a>
<b>Gambling Help Online</b> ⓘ 📱 📲 📞 📞 <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT</b> Online and phone counselling, online modules highlighting motivation, values, goal-setting and urge management, a calculator and automated SMS support program, and a community peer support forum for anyone affected by gambling. <b>SCREENING AND REFERRAL</b> Screening tools for gambling (PGSI, K10) providing normative feedback on results and linking users to other features of the website, such as counselling, tools to support progress, peer support or modules.	📞 1800 858 858 (24/7) <a href="https://www.gamblinghelponline.org.au/">https://www.gamblinghelponline.org.au/</a>
<b>headspace</b> ⓘ 📱 📲 📞 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOLS   COUNSELLING   INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Hello Sunday Morning</b> ⓘ <b>INFORMATION</b> Clinically validated screening tools for alcohol use and distress, and tips and strategies to help people cut back and reduce harm related to their use of alcohol. <b>SCREENING AND REFERRAL</b> Clinically validated screening tools for alcohol use, readiness to change, and psychological distress, providing a printable feedback report with level of alcohol-related risk, tips to cut back and reduce harm, and options for online and face-to-face next steps.	<a href="https://hellosundaymorning.org/">https://hellosundaymorning.org/</a>
<b>Hi-Ground</b> ⓘ 📱 <b>PEER SUPPORT</b> Online community to educate, reduce harm and support people who use drugs.	<a href="https://hi-ground.org/">https://hi-ground.org/</a>

## Substance Use and Addictive Behaviours

<b>iCanQuit</b> 🗣️ 📧 <b>PSYCHOLOGICAL TREATMENT   PEER SUPPORT</b> Planning tools to set goals, get started, and track progress, with online community support to quit smoking.	<a href="https://www.icanquit.com.au/">https://www.icanquit.com.au/</a>
<b>Kids Helpline</b> 🗣️ 📧 📞 📧 <b>COUNSELLING   INFORMATION</b> Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>MensLine</b> 🗣️ 📧 📞 📧 <b>COUNSELLING</b> A telephone, video and online counselling service offering support to men in Australia.	📞 1300 78 99 78 (24/7) <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>My Circle</b> 🗣️ 📧 📞 <b>PEER SUPPORT</b> A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	<a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>My QuitBuddy</b> 🗣️ 📧 <b>PSYCHOLOGICAL TREATMENT   PEER SUPPORT</b> An app to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.	📱 Available on App Store and Google Play
<b>National Alcohol and Other Drug Hotline</b> 🗣️ 📞 <b>INFORMATION</b> Confidential phone support for people with alcohol or other drug concerns.	📞 1800 250 015 (24/7)
<b>Pivot Point</b> 🗣️ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   SCREENING AND REFERRAL</b> Information, screening tool (modified eASSIST Lite), tips and resources relating to alcohol and other drug use for people in the LGBTIQ+ community.	<a href="https://pivotpoint.org.au/">https://pivotpoint.org.au/</a>
<b>Positive Choices</b> 🗣️ <b>INFORMATION</b> A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.	<a href="https://positivechoices.org.au/">https://positivechoices.org.au/</a>
<b>Quit</b> 🗣️ <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   INFORMATION</b> Motivational interviewing resources, distraction tools and planning resources for people at any stage of trying to quit smoking or vaping.	<a href="https://www.quit.org.au/">https://www.quit.org.au/</a>

## Substance Use and Addictive Behaviours

<b>QuitCoach</b> 🗣️ 📧 <b>PSYCHOLOGICAL TREATMENT</b> Free, personalised quitting plans to support people to quit smoking.	<a href="https://www.quitcoach.org.au/">https://www.quitcoach.org.au/</a>
<b>Quitline</b> 🗣️ 📞 <b>PSYCHOLOGICAL TREATMENT</b> Phone support and coaching to help people to quit smoking or vaping with optional 'call back'.	📞 13 7848 <a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>QuitMail</b> 🗣️ 📧 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Email support to help people quit smoking or vaping, providing targeted tips and tracking for financial and health gains.	<a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>QuitTxBT</b> 🗣️ 📧 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Daily SMS messaging to help people prepare to quit smoking or vaping, maintain motivation and stay on track.	<a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>ReachOut</b> 🗣️ 📧 📞 📧 <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>SANE</b> 🗣️ 📧 📞 📧 <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.	📞 1800 187 263 <a href="https://www.sane.org/">https://www.sane.org/</a>
<b>The Online Clinic</b> 🗣️ <b>SCREENING AND REFERRAL</b> Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).	<a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a>
<b>Weathering Well</b> 📱 📧 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A clinician facilitated app to guide a strengths-based conversation addressing mental wellbeing and alcohol and drug use for people in farming communities.	📱 Available on App Store and Google Play

Suicide Prevention	
<b>Beyond Blue</b> 📞 📧 📱 🗣️ COUNSELLING   PEER SUPPORT   INFORMATION Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	📞 1300 22 4636 (24/7) 🔗 <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Beyond Now</b> 📱 🗣️ SYMPTOM MANAGEMENT AND WELLBEING TOOL App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.	🔗 <a href="https://www.lifeline.org.au/get-help/beyond-now/">https://www.lifeline.org.au/get-help/beyond-now/</a> 📱 Available on App Store and Google Play
<b>headspace</b> 📞 📧 📱 🗣️ COUNSELLING   INFORMATION Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b> 📞 📧 📱 🗣️ COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🔗 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Lifeline</b> 📞 📧 📱 🗣️ COUNSELLING   INFORMATION Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.	📞 13 11 14 (24/7) 🔗 <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
<b>Minds Together</b> 📱 🗣️ SYMPTOM MANAGEMENT AND WELLBEING TOOL Wellbeing programs to help adult family and friends of adults who have attempted suicide or paramedics who are experiencing mental health issues.	🔗 <a href="https://mindstogether.org.au/">https://mindstogether.org.au/</a>
<b>My Circle</b> 📞 📧 📱 🗣️ PEER SUPPORT A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	🔗 <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>Peer CARE Companion Warmline</b> 📞 🗣️ PEER SUPPORT A call-back peer support service for adults with lived experience of suicide to connect and cope with emotional distress. Not a crisis or counselling line.	📞 1800 77 7337 🔗 <a href="https://rosesintheocean.com.au/sector-priorities-collaborations/peer-care-companion-warmline/">https://rosesintheocean.com.au/sector-priorities-collaborations/peer-care-companion-warmline/</a>
<b>ReachOut</b> 📞 📧 📱 🗣️ PEER SUPPORT   INFORMATION Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a>

Suicide Prevention	
<b>Suicide Call Back Service</b> 📞 📧 📱 🗣️ COUNSELLING Online, telephone and video counselling for people (15 yrs+) in Australia who are feeling suicidal or affected by suicide.	📞 1300 659 467 (24/7) 🔗 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>The Ripple Effect</b> 📱 🗣️ SYMPTOM MANAGEMENT AND WELLBEING TOOL   PEER SUPPORT An online intervention to reduce stigma around suicide among men (30-64yrs) in farming communities.	🔗 <a href="https://therippleeffect.com.au/">https://therippleeffect.com.au/</a>
<b>You Are Not Alone</b> 📱 🗣️ SYMPTOM MANAGEMENT AND WELLBEING TOOL A website providing information for people supporting someone who has suicidal thoughts or who has attempted suicide.	🔗 <a href="https://www.sane.org/you-are-not-alone">https://www.sane.org/you-are-not-alone</a>

Trauma	
<b>1800RESPECT</b> 📞 📧 📱 <b>COUNSELLING   INFORMATION</b> A domestic, family, and sexual violence phone, video, SMS and web-chat counselling service.	📞 1800 737 732 (24/7) 🔗 <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>become</b> 📱 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Self-guided online program to support the wellbeing of people who have experienced trauma and use alcohol or other substances.	🔗 <a href="https://become.cracksintheice.org.au/">https://become.cracksintheice.org.au/</a>
<b>Beyond Silence</b> 📱 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Information modules for women who are worried about sex and consent in their relationships to promote help-seeking and recovery.	🔗 <a href="https://www.beyondsilence.org.au/">https://www.beyondsilence.org.au/</a>
<b>Birdie's Tree (Children's Health QLD)</b> 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Online storybooks and interactive games to help young children up to school age and their families grow through natural disasters and disruptive events.	🔗 <a href="https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery/">https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery/</a>
<b>Blue Knot Foundation</b> 📞 📱 <b>COUNSELLING</b> Information and phone counselling for adults affected by complex trauma.	📞 1300 657 380 (9am-5pm) 🔗 <a href="https://blueknot.org.au/">https://blueknot.org.au/</a>
<b>Full Stop Australia</b> 📞 📱 📱 <b>COUNSELLING</b> Telephone and web-chat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTQIA+ community.	📞 1800 385 578 (24/7) 📞 1800 497 212 (24/7, for LGBTQIA+ community) 🔗 <a href="https://fullstop.org.au/">https://fullstop.org.au/</a>
<b>headspace</b> 📱 📱 📱 📱 📱 📱 <b>INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Living Well</b> 📱 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> App and website providing practical resources such as mindfulness audio files, grounding techniques and CBT strategies to support men who have been sexually abused.	🔗 <a href="https://livingwell.org.au/">https://livingwell.org.au/</a> 📱 Available on App Store

Trauma	
<b>Mental Health Online</b> 📱 📱 📱 📱 <b>PTSD</b> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> VR mindfulness tools, and 12-week CBT treatment programs with optional guided support for depression, anxiety conditions, OCD and PTSD (18+). <b>SCREENING AND REFERRAL</b> Online screening (ePASS) with feedback and referral to external supports and their own CBT programs for depression, anxiety conditions, OCD and PTSD (18+).	🔗 <a href="https://www.mentalhealthonline.org.au/">https://www.mentalhealthonline.org.au/</a>
<b>Minds Together</b> 📱 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Wellbeing programs to help adult family and friends of adults who have attempted suicide or paramedics who are experiencing mental health issues.	🔗 <a href="https://mindstogether.org.au/">https://mindstogether.org.au/</a>
<b>MindSpot</b> 📱 📱 📱 📱 <b>PTSD</b> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. <b>SCREENING AND REFERRAL</b> Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🔗 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
<b>National Emergency Worker Support Service</b> 📱 <b>PSYCHOLOGICAL TREATMENT</b> Trauma-specialist support pathways for emergency service workers and volunteers to manage the impact of trauma experienced at work (18+ yrs). <b>SCREENING AND REFERRAL</b> Screening for depression (PHQ-9), anxiety (GAD-7) and PTSD (PTSD-8) in emergency service workers and volunteers with feedback and recommendations for trauma-specialist support.	🔗 <a href="https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/">https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/</a>
<b>Open Arms</b> 📱 📱 📱 <i>Self Help Tools</i> <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING</b> Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.	📞 1800 011 046 (24/7) 🔗 <a href="https://www.openarms.gov.au/get-support/self-help-tools">https://www.openarms.gov.au/get-support/self-help-tools</a>
<b>Parents Beyond Breakup Helpline</b> 📱 <b>PEER SUPPORT</b> A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups.	📞 1300 853 437 (9am-4pm) 🔗 <a href="https://parentsbeyondbreakup.com/">https://parentsbeyondbreakup.com/</a>










Trauma	
<p><b>Peak Fortem</b> ⓘ</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Practical CBT and emotion regulation toolkit to promote mental fitness and wellbeing for Australian first responders and their families.</p>	<p>🔗 <a href="https://peakfortem.fortemaustalia.org.au/">https://peakfortem.fortemaustalia.org.au/</a></p>
<p><b>ReachOut</b> ⓘ 📱 📧 📞</p> <p><b>PEER SUPPORT   INFORMATION</b></p> <p>Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.</p>	<p>🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a></p>
<p><b>SANE</b> ⓘ 📱 📧 📞</p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.</p>	<p>📞 1800 187 263</p> <p>🔗 <a href="https://www.sane.org/">https://www.sane.org/</a></p>
<p><b>Sunny</b> ⓘ 📱</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>An app to support people with disability who have experienced violence and abuse understand what has happened and find appropriate support.</p>	<p>🔗 <a href="https://1800respect.org.au/sunny">https://1800respect.org.au/sunny</a></p> <p>📱 Available on App Store and Google Play</p>
<p><b>The Online Clinic</b> ⓘ</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening and referral for adults with symptoms of depression (PHQ-9), anxiety (GAD-7), eating concerns (SCOFF), alcohol use (AUDIT), compulsions (OCI-R), bipolar disorder (MDQ), health anxiety (WI-6), psychosis (PSQ), and traumatic experiences (PCL-5 short form).</p>	<p>🔗 <a href="https://onlineclinic.blackdoginstitute.org.au/">https://onlineclinic.blackdoginstitute.org.au/</a></p>
<p><b>THIS WAY UP</b> ⓘ 📱</p> <p><i>Post Traumatic Stress</i></p> <p><b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.</p>	<p>🔗 <a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a></p>

Trauma	
<p><b>What's OK at Home? (WOAH)</b> ⓘ</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.</p>	<p>🔗 <a href="https://woah.org.au/">https://woah.org.au/</a></p>
<p><b>Witness to War</b> ⓘ 📞</p> <p><b>COUNSELLING</b></p> <p>A multilingual telephone counselling line for people in Australia affected by overseas conflict.</p>	<p>📞 1800 845 198</p> <p>🔗 <a href="https://www.fasstt.org.au/witness-to-war/">https://www.fasstt.org.au/witness-to-war/</a></p>














# Digital Mental Health Services and Resources by Audience

## Service and resource types

<b>Psychological Treatment</b>	Structured, interactive psychological interventions that treat specific mental health issues.
<b>Symptom Management and Wellbeing Tools</b>	Play an active role in prevention or intervention but are not designed to serve as a complete treatment.
<b>Counselling</b>	Supports people to work through a problem or crisis.
<b>Peer Support</b>	Facilitates connection to a peer worker or a community of peers.
<b>Screening and Referral</b>	Conducts screening and/or provides referrals to relevant mental health services.
<b>Information</b>	Provides information and advice on mental health topics.

 Free	 Accredited service
 Guided support available	 Practitioner required
 App	 Modules
 Forum	 Phone line
 SMS/online chat	

## Disability

<b>1800RESPECT</b>    <b>COUNSELLING   INFORMATION</b> A domestic, family, and sexual violence phone, video, SMS and web-chat counselling service.	 1800 737 732 (24/7)  <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>Beyond Blue</b>    <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	 1300 22 4636 (24/7)  <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Healthy Mind</b>    <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Online, CBT easy read tool for people with mild to borderline intellectual disability to build good mental health. Includes tips for support people.	 <a href="https://www.healthymind.org.au/#">https://www.healthymind.org.au/#</a>
<b>Positive Choices</b>  <b>INFORMATION</b> A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.	 <a href="https://positivechoices.org.au/">https://positivechoices.org.au/</a>
<b>Raising Children Network</b>   <b>INFORMATION</b> Guidance for families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.	 <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>  Available on App Store and Google Play
<b>SANE</b>       <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.	 1800 187 263  <a href="https://www.sane.org/">https://www.sane.org/</a>
<b>Sunny</b>   <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An app to support people with disability who have experienced violence and abuse understand what has happened and find appropriate support.	 <a href="https://1800respect.org.au/sunny">https://1800respect.org.au/sunny</a>  Available on App Store and Google Play

Health Professionals	
<p><b>Drs4Drs</b> 📞 📧</p> <p><b>COUNSELLING</b></p> <p>Confidential urgent and non-urgent phone counselling for any doctor, medical student or their partner struggling with their mental health. Up to three counselling sessions, with links to doctors trained in doctor's health.</p>	<p>📞 1300 374 377 (24/7)</p> <p>🌐 <a href="https://www.drs4drs.com.au/">https://www.drs4drs.com.au/</a></p>
<p><b>Hand-n-Hand</b> 📞</p> <p><b>PEER SUPPORT</b></p> <p>Emotional and wellbeing support for health professionals from peer volunteers.</p>	<p>🌐 <a href="https://www.handnhand.org.au/">https://www.handnhand.org.au/</a></p>
<p><b>National Emergency Worker Support Service</b> 📞</p> <p><b>PSYCHOLOGICAL TREATMENT</b></p> <p>Trauma-specialist support pathways for emergency service workers and volunteers to manage the impact of trauma experienced at work (18+ yrs).</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening for depression (PHQ-9), anxiety (GAD-7) and PTSD (PTSD-8) in emergency service workers and volunteers with feedback and recommendations for trauma-specialist support.</p>	<p>🌐 <a href="https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/">https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/</a></p>
<p><b>Peak Fortem</b> 📞</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Practical CBT and emotion regulation toolkit to promote mental fitness and wellbeing for Australian first responders and their families.</p>	<p>🌐 <a href="https://peakfortem.fortemaustrialia.org.au/">https://peakfortem.fortemaustrialia.org.au/</a></p>
<p><b>TEN - The Essential Network for Health Professionals</b> 📞</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>An online hub linking healthcare practitioners to brief clinical care and evidence-based tools to navigate burnout and maintain good mental health.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening for symptoms of depression (PHQ-9), anxiety (GAD-7), traumatic experiences (PCL-5), and burnout (OBI) for health practitioners.</p>	<p>🌐 <a href="https://www.blackdoginstitute.org.au/the-essential-network">https://www.blackdoginstitute.org.au/the-essential-network</a></p>

LGBTIQ+	
<p><b>Aged Care Grief and Bereavement Service</b> 📞 📧</p> <p><b>COUNSELLING</b></p> <p>Phone counselling and online support groups for people living in aged care experiencing grief and bereavement, as well as their families and support people.</p>	<p>📞 1800 22 22 00</p> <p>🌐 <a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a></p>
<p><b>Beyond Blue</b> 📞 📧 📧 📧</p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Information, phone and web-chat counselling, and peer support forums for people going through a tough time.</p>	<p>📞 1300 22 4636 (24/7)</p> <p>🌐 <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a></p>
<p><b>Full Stop Australia</b> 📞 📧 📧</p> <p><b>COUNSELLING</b></p> <p>Telephone and web-chat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTIQ+ community.</p>	<p>📞 1800 385 578 (24/7)</p> <p>📞 1800 497 212 (24/7, for LGBTIQ+ community)</p> <p>🌐 <a href="https://fullstop.org.au/">https://fullstop.org.au/</a></p>
<p><b>headspace</b> 📞 📧 📧 📧 📧</p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.</p>	<p>📞 1800 650 890 (9am-1am)</p> <p>🌐 <a href="https://headspace.org.au/">https://headspace.org.au/</a></p>
<p><b>My Circle</b> 📞 📧 📧 📧</p> <p><b>PEER SUPPORT</b></p> <p>A safe, moderated, confidential peer support platform for young people aged 12 to 25. Supported by Kids Helpline counsellors, it connects young people with peers experiencing similar challenges, to learn from each other. Topics covered include mental health, disability &amp; physical health, LGBTIQAPK+, substance use, suicidal thoughts &amp; self-harm and relationships. Please note, this is not a crisis service.</p>	<p>🌐 <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a></p>
<p><b>Pivot Point</b> 📞</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   SCREENING AND REFERRAL</b></p> <p>Information, screening tool (modified eASSIST Lite), tips and resources relating to alcohol and other drug use for people in the LGBTIQ+ community.</p>	<p>🌐 <a href="https://pivotpoint.org.au/">https://pivotpoint.org.au/</a></p>
<p><b>QLife</b> 📞 📧 📧 📧</p> <p><b>PEER SUPPORT</b></p> <p>Anonymous one-on-one peer support phone and web-chat service for members of the LGBTIQ+ community.</p>	<p>📞 1800 184 527 (3pm-12am)</p> <p>🌐 <a href="https://qlife.org.au/">https://qlife.org.au/</a></p>
<p><b>Say It Out Loud</b> 📞</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Toolkit for the LGBTIQ+ community on sexual, family and intimate partner violence and how to support each other.</p>	<p>🌐 <a href="https://sayitoutloud.org.au/?state=all">https://sayitoutloud.org.au/?state=all</a></p>



Multicultural	
<b>1800RESPECT</b> 🗣️ 📞 📧 COUNSELLING   INFORMATION A domestic, family, and sexual violence phone, video, SMS and web-chat counselling service.	📞 1800 737 732 (24/7) 🔗 <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>Aged Care Grief and Bereavement Service</b> 🗣️ 📞 COUNSELLING Phone counselling and online support groups for people living in aged care experiencing grief and bereavement, as well as their families and support people.	📞 1800 22 22 00 🔗 <a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a>
<b>Alcohol and Drug Foundation</b> 🗣️ INFORMATION Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.	🔗 <a href="https://adf.org.au/">https://adf.org.au/</a>
<b>Beyond Blue</b> 🗣️ 📞 📧 📧 COUNSELLING   PEER SUPPORT   INFORMATION Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	📞 1300 22 4636 (24/7) 🔗 <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Gambling Help Online</b> 🗣️ 📞 📧 📧 📧 PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT Online and phone counselling, online modules highlighting motivation, values, goal-setting and urge management, a calculator and automated SMS support program, and a community peer support forum for anyone affected by gambling. SCREENING AND REFERRAL Screening tools for gambling (PGSI, K10) providing normative feedback on results and linking users to other features of the website, such as counselling, tools to support progress, peer support or modules.	📞 1800 858 858 (24/7) 🔗 <a href="https://www.gamblinghelponline.org.au/">https://www.gamblinghelponline.org.au/</a>
<b>Griefline</b> 🗣️ 📞 📞 COUNSELLING   PEER SUPPORT   INFORMATION Free phone support line for adults experiencing grief and loss or G'Day Line for older Australians (50+) seeking a sense of support and belonging. Also offers peer support forums and groups.	📞 1300 845 745 (8am-8pm) 📞 1300 920 552 (8am-8pm, G'Day Line) 🔗 <a href="https://griefline.org.au/">https://griefline.org.au/</a>
<b>iCanQuit</b> 🗣️ 📞 PSYCHOLOGICAL TREATMENT   PEER SUPPORT Planning tools to set goals, get started, and track progress, with online community support to quit smoking.	🔗 <a href="https://www.icanquit.com.au/">https://www.icanquit.com.au/</a>
<b>Positive Choices</b> 🗣️ INFORMATION A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.	🔗 <a href="https://positivechoices.org.au/">https://positivechoices.org.au/</a>

Multicultural	
<b>Raising Children Network</b> 🗣️ 📞 INFORMATION Guidance for families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.	🔗 <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a> 📱 Available on App Store and Google Play
<b>Smiling Mind</b> 🗣️ 📞 SYMPTOM MANAGEMENT AND WELLBEING TOOL Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.	🔗 <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a> 📱 Available on App Store and Google Play
<b>THIS WAY UP</b> 🗣️ 📞 PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available. SCREENING AND REFERRAL Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.	🔗 <a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
<b>Witness to War</b> 🗣️ 📞 COUNSELLING A multilingual telephone counselling line for people in Australia affected by overseas conflict.	📞 1800 845 198 🔗 <a href="https://www.fasstt.org.au/witness-to-war/">https://www.fasstt.org.au/witness-to-war/</a>

Neurodivergent	
<b>headspace</b> 📞 🛡️ 📧 📱 🗣️ <b>INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🔗 <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b> 📞 🛡️ 📱 🗣️ <b>COUNSELLING   INFORMATION</b> Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🔗 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>ReachOut</b> 📞 🛡️ 📧 📱 🗣️ <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🔗 <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>SANE</b> 📞 🛡️ 📧 📱 🗣️ <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.	📞 1800 187 263 🔗 <a href="https://www.sane.org/">https://www.sane.org/</a>






Older Adults	
<b>Aged Care Grief and Bereavement Service</b> 📞 🗣️ <b>COUNSELLING</b> Phone counselling and online support groups for people living in aged care experiencing grief and bereavement, as well as their families and support people.	📞 1800 22 22 00 🔗 <a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a>
<b>Griefline</b> 📞 📧 🗣️ <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Free phone support line for adults experiencing grief and loss or G'Day Line for older Australians (50+) seeking a sense of support and belonging. Also offers peer support forums and groups.	📞 1300 845 745 (8am-8pm) 📞 1300 920 552 (8am-8pm, G'Day Line) 🔗 <a href="https://griefline.org.au/">https://griefline.org.au/</a>
<b>MindSpot</b> 📞 🛡️ 📧 📱 🗣️ <i>Wellbeing Plus</i> <b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. <b>SCREENING AND REFERRAL</b> Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🔗 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>









Parenting	
<b>Alcohol and Drug Foundation</b> ⓘ <b>INFORMATION</b> Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.	ⓘ <a href="https://adf.org.au/">https://adf.org.au/</a>
<b>Alcohol and Drug Foundation</b> ⓘ <i>Path2Help</i> <b>SCREENING AND REFERRAL</b> Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.	ⓘ <a href="https://adf.org.au/help-support/path2help/">https://adf.org.au/help-support/path2help/</a>
<b>Beyond Blue</b> ⓘ ⓘ ⓘ <b>COUNSELLING   PEER SUPPORT   INFORMATION</b> Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	ⓘ 1300 22 4636 (24/7) ⓘ <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Cool Little Kids Online</b> ⓘ <b>PSYCHOLOGICAL TREATMENT</b> A self-guided, online CBT program for parents or caregivers of shy or anxious children (3-6 yrs). Registration costs \$180.	ⓘ <a href="https://www.coollittlekids.org.au/login">https://www.coollittlekids.org.au/login</a>
<b>Family Connect</b> ⓘ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.	ⓘ <a href="https://www.familyconnect.org.au/">https://www.familyconnect.org.au/</a>
<b>Family Man</b> ⓘ ⓘ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Self-guided, online parenting program to teach dads simple and effective strategies to help their child's behaviour.	ⓘ <a href="https://familyman.movember.com/en-us/">https://familyman.movember.com/en-us/</a>
<b>Feed Your Instinct</b> ⓘ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Interactive checklist providing practical tips and guidance for parents and caregivers of children and young people experiencing eating and/or body image problems to support connection to professional help. <b>SCREENING AND REFERRAL</b> Parent-report interactive checklist (FYI Eating and Body Image Checklist) for parents and caregivers of children and young people experiencing eating and/or body image problems with downloadable personalised report.	ⓘ <a href="https://feedyourinstinct.com.au/">https://feedyourinstinct.com.au/</a>
<b>Guiding Light</b> ⓘ ⓘ ⓘ <b>COUNSELLING   PEER SUPPORT</b> Online and telephone support for parents/caregivers and families after the death of a child, with access to online peer support.	ⓘ 1300 308 307 (24/7) ⓘ <a href="https://rednosegriefandloss.org.au/support">https://rednosegriefandloss.org.au/support</a>

Parenting	
<b>headspace</b> ⓘ ⓘ ⓘ ⓘ ⓘ ⓘ <b>PEER SUPPORT   INFORMATION</b> Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	ⓘ 1800 650 890 (9am-1am) ⓘ <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Inside Out Institute for Eating Disorders</b> ⓘ <b>SCREENING AND REFERRAL</b> Online screening tools (IOI Screener, EDE-Q), with brief feedback, links to information, and referral to face-to-face services for eating disorders.	ⓘ <a href="https://insideoutinstitute.org.au/">https://insideoutinstitute.org.au/</a>
<b>Kids Helpline</b> ⓘ ⓘ ⓘ <b>COUNSELLING   INFORMATION</b> Online and phone counselling and information service for young people (5-25 yrs).	ⓘ 1800 55 1800 (24/7) ⓘ <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>MensLine</b> ⓘ ⓘ ⓘ <b>COUNSELLING</b> A telephone, video and online counselling service offering support to men in Australia.	ⓘ 1300 78 99 78 (24/7) ⓘ <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>Parenting Strategies</b> ⓘ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Practical guidelines for parents and caregivers to help reduce the risk of their child developing depression, anxiety, school refusal, and alcohol misuse issues.	ⓘ <a href="https://www.parentingstrategies.net/">https://www.parentingstrategies.net/</a>
<b>Parenting Through Cancer</b> ⓘ ⓘ <b>COUNSELLING   PEER SUPPORT</b> Advice, counselling, and peer support for parents dealing with their own or a family member's cancer diagnosis.	ⓘ <a href="https://parentingthroughcancer.org.au/">https://parentingthroughcancer.org.au/</a>
<b>Parents Beyond Breakup Helpline</b> ⓘ <b>PEER SUPPORT</b> A service connecting parents or caregivers experiencing trauma related to family breakdown to a network of peer support groups.	ⓘ 1300 853 437 (9am-4pm) ⓘ <a href="https://parentsbeyondbreakup.com/">https://parentsbeyondbreakup.com/</a>
<b>Parentworks</b> ⓘ ⓘ <b>PSYCHOLOGICAL TREATMENT</b> A 5 to 8 module, self-directed online program arming parents and caregivers of children and teenagers (2-17yrs) with skills to respond to their child's behaviour.	ⓘ <a href="https://parentworks.org.au/">https://parentworks.org.au/</a>
<b>Partners in Parenting PLUS (PiP+)</b> ⓘ ⓘ ⓘ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> A practical parenting program to build skills and support parents and caregivers to play their role in building emotional resilience in their teenagers (12-17 yrs).	ⓘ <a href="https://partnersinparenting.com.au/">https://partnersinparenting.com.au/</a>

Parenting	
<b>Positive Choices</b> ⓘ <b>INFORMATION</b> A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.	<a href="https://positivechoices.org.au/">https://positivechoices.org.au/</a>
<b>Quitline</b> ⓘ 📞 <b>PSYCHOLOGICAL TREATMENT</b> Phone support and coaching to help people to quit smoking or vaping with optional 'call back'.	📞 13 7848 <a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>Raising Children Network</b> ⓘ 📱 <b>INFORMATION</b> Guidance for families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.	<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a> 📱 Available on App Store and Google Play
<b>ReachOut</b> ⓘ 📱 🗣️ <b>PEER SUPPORT   INFORMATION</b> Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>The BRAVE Program</b> ⓘ 📱 <b>PSYCHOLOGICAL TREATMENT</b> Self-guided CBT treatment programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.	<a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a>
<b>The Shared Table</b> ⓘ 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.	<a href="https://edqsharedtable.com.au/">https://edqsharedtable.com.au/</a>
<b>Triple P Online</b> ⓘ 📱 <b>PSYCHOLOGICAL TREATMENT</b> Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents and caregivers of children with anxiety and families navigating divorce.	<a href="https://www.triplep-parenting.net.au/qlt-en/triple-p/">https://www.triplep-parenting.net.au/qlt-en/triple-p/</a>
<b>While I'm Away</b> ⓘ 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> An app to help parents and caregivers support their child's mental health and wellbeing while being cared for by someone else.	<a href="https://emergingminds.com.au/resources/while-im-away-app/">https://emergingminds.com.au/resources/while-im-away-app/</a> 📱 Available on App Store and Google Play












Perinatal	
<b>Baby Steps</b> ⓘ 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> Self-guided online program to enhance the wellbeing of new parents adjusting to life with a baby.	<a href="https://www.babysteps.org.au/login">https://www.babysteps.org.au/login</a>
<b>For When Helpline</b> ⓘ 📞 <b>SCREENING AND REFERRAL</b> Mental health care referral phone line for new and expecting parents and caregivers. Available Mon-Fri, 9am to 4:30pm.	📞 1300 24 23 22 <a href="https://forwhenhelpline.org.au/">https://forwhenhelpline.org.au/</a>
<b>Guiding Light</b> ⓘ 📞 🗣️ <b>COUNSELLING   PEER SUPPORT</b> Online and telephone support for parents/caregivers and families after the death of a child, with access to online peer support.	📞 1300 308 307 (24/7) <a href="https://rednosegriefandloss.org.au/support">https://rednosegriefandloss.org.au/support</a>
<b>MindMum</b> ⓘ 📱 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> CBT and mindfulness-based app to help new and expectant mothers manage emotional challenges.	<a href="https://www.mumspace.com.au/when-you-need-extra-help/">https://www.mumspace.com.au/when-you-need-extra-help/</a> 📱 Available on App Store and Google Play
<b>Mum2BMoodBooster</b> ⓘ 📱 <b>PSYCHOLOGICAL TREATMENT</b> A CBT treatment program to support women recovering from antenatal depression and anxiety. Clinician portal and free automated SMS support for users. <b>SCREENING AND REFERRAL</b> A self-guided screening (EPDS) and CBT treatment program to support women recovering from antenatal depression and anxiety. Clinician portal to refer clients/patients and monitor their progress.	<a href="https://www.mumspace.com.au/online-treatments/">https://www.mumspace.com.au/online-treatments/</a>
<b>MumMoodBooster</b> ⓘ 📱 <b>PSYCHOLOGICAL TREATMENT</b> Self-guided CBT treatment program for women with postnatal depression and anxiety. Clinician portal and automated SMS support for users. <b>SCREENING AND REFERRAL</b> Screening tool (EPDS) with access to a self-guided CBT treatment program for women with postnatal depression and anxiety.	<a href="https://www.mumspace.com.au/online-treatments/">https://www.mumspace.com.au/online-treatments/</a>
<b>PANDA</b> ⓘ 📞 <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   INFORMATION</b> Phone and online support for parents and families during family planning, pregnancy and the first year of parenthood. Helpline available Monday to Friday, 9am to 7:30pm and Saturdays between 9am and 4pm.	📞 1300 726 306 <a href="https://panda.org.au/">https://panda.org.au/</a>
<b>SMS4dads</b> ⓘ 🗣️ <b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b> SMS support with tips for dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.	<a href="https://www.sms4dads.com.au/">https://www.sms4dads.com.au/</a>

Perinatal	
<b>Stress Less Tips</b> ⓘ SYMPTOM MANAGEMENT AND WELLBEING TOOL Tips to help support mental health and wellbeing by decreasing stress.	 <a href="https://www.stresslesstips.org.au/">https://www.stresslesstips.org.au/</a>
<b>THIS WAY UP</b> ⓘ ⓘ <i>Pregnancy Anxiety and Depression   Postnatal Anxiety and Depression</i> PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available. SCREENING AND REFERRAL Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.	 <a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
<b>Triple P Online</b> ⓘ ⓘ PSYCHOLOGICAL TREATMENT Online CBT parenting programs supporting child development and family wellbeing from babies to teens, with courses for parents and caregivers of children with anxiety and families navigating divorce.	 <a href="https://www.triplep-parenting.net.au/qld-en/triple-p/">https://www.triplep-parenting.net.au/qld-en/triple-p/</a>
<b>What Were We Thinking!</b> ⓘ ⓘ SYMPTOM MANAGEMENT AND WELLBEING TOOL An app and website to promote confidence, adjust to relationship changes, and reduce stress in new parents and caregivers adjusting to life with a baby.	 <a href="https://www.whatwerewe-thinking.org.au/home">https://www.whatwerewe-thinking.org.au/home</a>  Available on App Store












Support People	
<b>Aged Care Grief and Bereavement Service</b> ⓘ ☎ COUNSELLING Phone counselling and online support groups for people living in aged care experiencing grief and bereavement, as well as their families and support people.	☎ 1800 22 22 00  <a href="https://aged.grief.org.au/">https://aged.grief.org.au/</a>
<b>Alcohol and Drug Foundation</b> ⓘ INFORMATION Information on talking about drug and alcohol use, harm minimisation, and the effects of different drugs for individuals and those worried about someone else.	 <a href="https://adf.org.au/">https://adf.org.au/</a>
<b>Alcohol and Drug Foundation</b> ⓘ <i>Path2Help</i> SCREENING AND REFERRAL Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.	 <a href="https://adf.org.au/help-support/path2help/">https://adf.org.au/help-support/path2help/</a>
<b>Beyond Blue</b> ⓘ ⓘ ☎ ⓘ COUNSELLING   PEER SUPPORT   INFORMATION Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	☎ 1300 22 4636 (24/7)  <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Breathing Space</b> ⓘ ⓘ ⓘ PEER SUPPORT Secure app or web forum providing access to an online community of peers to improve wellbeing and resilience while supporting someone with drug or alcohol use.	 <a href="https://breathingspace.community/">https://breathingspace.community/</a>  Available on App Store and Google Play
<b>Counselling Online</b> ⓘ ⓘ ⓘ ⓘ PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT Webchat counselling, online modules, self-management tools, and a community support forum for alcohol and substance use. SCREENING AND REFERRAL Screening tools (AUDIT, DUDIT, K10) with brief feedback and referral to Counselling Online's own relevant counselling, peer support forum and self-guided services.	 <a href="https://www.counsellingonline.org.au/">https://www.counsellingonline.org.au/</a>
<b>Drs4Drs</b> ⓘ ☎ COUNSELLING Confidential urgent and non-urgent phone counselling for any doctor, medical student or their partner struggling with their mental health. Up to three counselling sessions, with links to doctors trained in doctor's health.	☎ 1300 374 377 (24/7)  <a href="https://www.drs4drs.com.au/">https://www.drs4drs.com.au/</a>


























Support People	
<p><b>eClIPSE</b> ⓘ</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Portal to access online craving-management tools and self-guided courses for people (16+) with co-occurring mental health and substance use problems.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening tools for people (16+) with co-occurring mental health and substance use problems (including the AUDIT, CUDIT, SDS for methamphetamine, benzodiazepine, and heroin use). Downloadable report and links to craving-management tools and self-guided courses.</p>	<p>🔗 <a href="https://eclipse.org.au/">https://eclipse.org.au/</a></p>
<p><b>Feed Your Instinct</b> ⓘ</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Interactive checklist providing practical tips and guidance for parents and caregivers of children and young people experiencing eating and/or body image problems to support connection to professional help.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Parent-report interactive checklist (FYI Eating and Body Image Checklist) for parents and caregivers of children and young people experiencing eating and/or body image problems with downloadable personalised report.</p>	<p>🔗 <a href="https://feedyourinstinct.com.au/">https://feedyourinstinct.com.au/</a></p>
<p><b>Full Stop Australia</b> ⓘ 📞 📧 📱</p> <p><b>COUNSELLING</b></p> <p>Telephone and web-chat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTQIA+ community.</p>	<p>📞 1800 385 578 (24/7)</p> <p>📞 1800 497 212 (24/7, for LGBTQIA+ community)</p> <p>🔗 <a href="https://fullstop.org.au/">https://fullstop.org.au/</a></p>
<p><b>Gambling Help Online</b> ⓘ 📞 📧 📱 📧 📱</p> <p><b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT</b></p> <p>Online and phone counselling, online modules highlighting motivation, values, goal-setting and urge management, a calculator and automated SMS support program, and a community peer support forum for anyone affected by gambling.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening tools for gambling (PGSI, K10) providing normative feedback on results and linking users to other features of the website, such as counselling, tools to support progress, peer support or modules.</p>	<p>📞 1800 858 858 (24/7)</p> <p>🔗 <a href="https://www.gamblinghelponline.org.au/">https://www.gamblinghelponline.org.au/</a></p>
<p><b>Griefline</b> ⓘ 📞 📧 📱</p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Free phone support line for adults experiencing grief and loss or G'Day Line for older Australians (50+) seeking a sense of support and belonging. Also offers peer support forums and groups.</p>	<p>📞 1300 845 745 (8am-8pm)</p> <p>📞 1300 920 552 (8am-8pm, G'Day Line)</p> <p>🔗 <a href="https://griefline.org.au/">https://griefline.org.au/</a></p>



Support People	
<p><b>Inside Out Institute for Eating Disorders</b> ⓘ</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Online screening tools (IOI Screener, EDE-Q), with brief feedback, links to information, and referral to face-to-face services for eating disorders.</p>	<p>🔗 <a href="https://insideoutinstitute.org.au/">https://insideoutinstitute.org.au/</a></p>
<p><b>Kids Helpline</b> ⓘ 📞 📧 📱 📧 📱</p> <p><b>COUNSELLING   INFORMATION</b></p> <p>Online and phone counselling and information service for young people (5-25 yrs).</p>	<p>📞 1800 55 1800 (24/7)</p> <p>🔗 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p>
<p><b>Living Well</b> ⓘ 📱</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>App and website providing practical resources such as mindfulness audio files, grounding techniques and CBT strategies to support men who have been sexually abused.</p>	<p>🔗 <a href="https://livingwell.org.au/">https://livingwell.org.au/</a></p> <p>📱 Available on App Store</p>
<p><b>Men's Referral Service</b> ⓘ 📞</p> <p><b>COUNSELLING</b></p> <p>Counselling, information and referral phonenumber supporting men who use violence and abuse to change their behaviour.</p>	<p>📞 1300 766 491 (24/7)</p> <p>🔗 <a href="https://ntv.org.au/mrs/">https://ntv.org.au/mrs/</a></p>
<p><b>Minds Together</b> ⓘ 📧</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Wellbeing programs to help adult family and friends of adults who have attempted suicide or paramedics who are experiencing mental health issues.</p>	<p>🔗 <a href="https://mindstogether.org.au/">https://mindstogether.org.au/</a></p>
<p><b>Peer CARE Companion Warmline</b> ⓘ 📞</p> <p><b>PEER SUPPORT</b></p> <p>A call-back peer support service for adults with lived experience of suicide to connect and cope with emotional distress. Not a crisis or counselling line.</p>	<p>📞 1800 77 7337</p> <p>🔗 <a href="https://rosesintheocean.com.au/sector-priorities-collaborations/peer-care-companion-warmline/">https://rosesintheocean.com.au/sector-priorities-collaborations/peer-care-companion-warmline/</a></p>
<p><b>Quitline</b> ⓘ 📞</p> <p><b>PSYCHOLOGICAL TREATMENT</b></p> <p>Phone support and coaching to help people to quit smoking or vaping with optional 'call back'.</p>	<p>📞 13 7848</p> <p>🔗 <a href="https://www.quit.org.au/">https://www.quit.org.au/</a></p>
<p><b>SANE</b> ⓘ 📞 📧 📱 📧 📱</p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Counselling, peer support and information for adults with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.</p>	<p>📞 1800 187 263</p> <p>🔗 <a href="https://www.sane.org/">https://www.sane.org/</a></p>
<p><b>The Ripple Effect</b> ⓘ 📧</p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   PEER SUPPORT</b></p> <p>An online intervention to reduce stigma around suicide among men (30-64yrs) in farming communities.</p>	<p>🔗 <a href="https://therippleeffect.com.au/">https://therippleeffect.com.au/</a></p>






















Support People	
<b>The Shared Table</b>   SYMPTOM MANAGEMENT AND WELLBEING TOOL An online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.	 <a href="https://edqsharedtable.com.au/">https://edqsharedtable.com.au/</a>
<b>What's OK at Home? (WOAH)</b>  SYMPTOM MANAGEMENT AND WELLBEING TOOL A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.	 <a href="https://woah.org.au/">https://woah.org.au/</a>
<b>While I'm Away</b>   SYMPTOM MANAGEMENT AND WELLBEING TOOL An app to help parents and caregivers support their child's mental health and wellbeing while being cared for by someone else.	 <a href="https://emergingminds.com.au/resources/while-im-away-app/">https://emergingminds.com.au/resources/while-im-away-app/</a>  Available on App Store and Google Play
<b>You Are Not Alone</b>  SYMPTOM MANAGEMENT AND WELLBEING TOOL A website providing information for people supporting someone who has suicidal thoughts or who has attempted suicide.	 <a href="https://www.sane.org/you-are-not-alone">https://www.sane.org/you-are-not-alone</a>




































## Veterans

<b>Defence Member and Family Helpline</b>   COUNSELLING Phone support line for defence members and their families, providing assessment, assistance, advice or referral to relevant services.	 1800 624 608 (24/7)
<b>Go Beyond</b>   SYMPTOM MANAGEMENT AND WELLBEING TOOL Online, self-guided program for veterans transitioning back into civilian life. SCREENING AND REFERRAL Users undertake the M-CARM self-report questionnaire to develop a personalised online program to help veterans with the challenges of transitioning back into civilian life.	 <a href="https://gobeyond.org.au/#/public-dashboard">https://gobeyond.org.au/#/public-dashboard</a>
<b>Open Arms</b>    <i>Self Help Tools</i> SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING Phone and online counselling and self-help tools to manage physical responses, thoughts, emotions and behaviours. Designed for Australian veterans and their families.	 1800 011 046 (24/7)  <a href="https://www.openarms.gov.au/get-support/self-help-tools">https://www.openarms.gov.au/get-support/self-help-tools</a>

Children (3-11)	
<b>Birdie's Tree (Children's Health QLD)</b>  SYMPTOM MANAGEMENT AND WELLBEING TOOL Online storybooks and interactive games to help young children up to school age and their families grow through natural disasters and disruptive events.	 <a href="https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery/">https://www.childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery/</a>
<b>Cool Little Kids Online</b>  PSYCHOLOGICAL TREATMENT A self-guided, online CBT program for parents or caregivers of shy or anxious children (3-6 yrs). Registration costs \$180.	 <a href="https://www.coollittlekids.org.au/login">https://www.coollittlekids.org.au/login</a>
<b>Family Connect</b>  SYMPTOM MANAGEMENT AND WELLBEING TOOL Brief online tool teaching listening, appreciation, emotional and self-responsibility communication skills for children and their parents and caregivers.	 <a href="https://www.familyconnect.org.au/">https://www.familyconnect.org.au/</a>
<b>Kids Helpline</b>    COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	 1800 55 1800 (24/7)  <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Momentum</b>   PSYCHOLOGICAL TREATMENT Self-guided CBT treatment programs for young people (7-17yrs) to manage feelings of anxiety and depression, addressing common associated difficulties such as sleep problems and help-seeking. SCREENING AND REFERRAL Clinically validated screening measures for young people (7-17 yrs) with anxiety and depression, with tailored, self-guided online treatment programs.	 <a href="https://www.momentumhub.org.au/">https://www.momentumhub.org.au/</a>
<b>Smiling Mind</b>   SYMPTOM MANAGEMENT AND WELLBEING TOOL Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.	 <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>  Available on App Store and Google Play
<b>The Allen Adventure</b>   SYMPTOM MANAGEMENT AND WELLBEING TOOL An app teaching emotional literacy and social skills to foster respectful relationships in children under 8yrs.	 <a href="https://bullyingnoway.gov.au/resources/early-childhood-to-year2">https://bullyingnoway.gov.au/resources/early-childhood-to-year2</a>  Available on App Store and Google Play
<b>The BRAVE Program</b>   PSYCHOLOGICAL TREATMENT Self-guided CBT treatment programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.	 <a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a>

Children (3-11)	
<p><b>What's OK at Home? (WOAH)</b> </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.</p>	<p> <a href="https://woah.org.au/">https://woah.org.au/</a></p>

Adolescents (12-17)	
<p><b>Alcohol and Drug Foundation</b> </p> <p><i>Path2Help</i></p> <p><b>SCREENING AND REFERRAL</b></p> <p>Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.</p>	<p> <a href="https://adf.org.au/help-support/path2help/">https://adf.org.au/help-support/path2help/</a></p>
<p><b>Beyond Blue</b>    </p> <p><b>COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Information, phone and web-chat counselling, and peer support forums for people going through a tough time.</p>	<p> 1300 22 4636 (24/7)</p> <p> <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a></p>
<p><b>BITE BACK</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Six self-guided, weekly positive psychology challenges for young Australians (13-16yrs), to reduce stress and improve focus, friendships and emotional wellbeing.</p>	<p> <a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a></p>
<p><b>Breakup Shakeup</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Behavioural activation app supporting adolescents and young adults to cope after a breakup.</p>	<p> Available on App Store</p>
<p><b>CanTeen Connect</b>   </p> <p><b>COUNSELLING   PEER SUPPORT</b></p> <p>App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.</p>	<p> <a href="https://canteenconnect.org/">https://canteenconnect.org/</a></p> <p> Available on App Store and Google Play</p>
<p><b>eClIPSE</b> </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>Portal to access online craving-management tools and self-guided courses for people (16+) with co-occurring mental health and substance use problems.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Screening tools for people (16+) with co-occurring mental health and substance use problems (including the AUDIT, CUDIT, SDS for methamphetamine, benzodiazepine, and heroin use). Downloadable report and links to craving-management tools and self-guided courses.</p>	<p> <a href="https://eclipse.org.au/">https://eclipse.org.au/</a></p>

Adolescents (12-17)	
<p><b>headspace</b>     </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT   INFORMATION</b></p> <p>Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.</p>	<p> 1800 650 890 (9am-1am)</p> <p> <a href="https://headspace.org.au/">https://headspace.org.au/</a></p>
<p><b>Kids Helpline</b>    </p> <p><b>COUNSELLING   INFORMATION</b></p> <p>Online and phone counselling and information service for young people (5-25 yrs).</p>	<p> 1800 55 1800 (24/7)</p> <p> <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p>
<p><b>Mello</b>  </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>A CBT, DBT and ACT-based app to help young people (16-25yrs) break free of repetitive negative thoughts such as worry or rumination.</p>	<p> <a href="https://www.mello.org.au/">https://www.mello.org.au/</a></p> <p> Available on App Store and Google Play</p>
<p><b>Momentum</b>  </p> <p><b>PSYCHOLOGICAL TREATMENT</b></p> <p>Self-guided CBT treatment programs for young people (7-17yrs) to manage feelings of anxiety and depression, addressing common associated difficulties such as sleep problems and help-seeking.</p> <p><b>SCREENING AND REFERRAL</b></p> <p>Clinically validated screening measures for young people (7-17 yrs) with anxiety and depression, with tailored, self-guided online treatment programs.</p>	<p> <a href="https://www.momentumhub.org.au/">https://www.momentumhub.org.au/</a></p>
<p><b>MoodMission</b> </p> <p><b>SYMPTOM MANAGEMENT AND WELLBEING TOOL</b></p> <p>A CBT-based app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.</p>	<p> <a href="https://moodmission.com/">https://moodmission.com/</a></p> <p> Available on App Store and Google Play</p>
<p><b>MOST</b>     </p> <p><b>PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT</b></p> <p>Peer and professional web-chat support service with modules to help young people (12-25yrs) with depression, anxiety or sleep problems. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.</p>	<p> <a href="https://most.org.au/">https://most.org.au/</a></p> <p> Available on App Store and Google Play</p>
<p><b>My Circle</b>    </p> <p><b>PEER SUPPORT</b></p> <p>A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.</p>	<p> <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a></p>



Adolescents (12-17)	
<b>OCD? Not Me!</b> 🗣️ 📄 PSYCHOLOGICAL TREATMENT An eight-week, self-guided exposure response prevention program for young people (12-18 yrs) with OCD. Weekly tips for parents and caregivers.	<a href="https://www.ocdnotme.com.au/">https://www.ocdnotme.com.au/</a>
<b>Positive Choices</b> 🗣️ INFORMATION A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.	<a href="https://positivechoices.org.au/">https://positivechoices.org.au/</a>
<b>Quitline</b> 🗣️ 📞 PSYCHOLOGICAL TREATMENT Phone support and coaching to help people to quit smoking or vaping with optional 'call back'.	📞 13 7848 <a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>ReachOut</b> 🗣️ 📄 📱 📧 PEER SUPPORT   INFORMATION Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>Sleep Ninja</b> 🗣️ 📄 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL An app to help young people (12-16 yrs) improve their sleep quality.	<a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/</a> 📱 Available on App Store and Google Play
<b>Smiling Mind</b> 🗣️ 📄 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.	<a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a> 📱 Available on App Store and Google Play
<b>Suicide Call Back Service</b> 🗣️ 📄 📞 📧 COUNSELLING Online, telephone and video counselling for people (15 yrs+) in Australia who are feeling suicidal or affected by suicide.	📞 1300 659 467 (24/7) <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>The BRAVE Program</b> 🗣️ 📄 PSYCHOLOGICAL TREATMENT Self-guided CBT treatment programs to help children and teenagers (3-17yrs) better cope with their worries, with optional parent or caregiver components.	<a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a>

Adolescents (12-17)	
<b>THIS WAY UP</b> 🗣️ 📄 <i>Teen Worry and Sadness</i> PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Self-guided or own-clinician-supported CBT or MBCT psychological treatment and wellbeing programs for teens (12-17yrs) with anxiety/depression and adults with depression, anxiety disorders, OCD, PTSD, insomnia or chronic pain. Perinatal, student, stress and transdiagnostic programs also available. SCREENING AND REFERRAL Screening for distress (K10), symptoms of depression (PHQ-9), anxiety (GAD-7), social anxiety (Mini-SPIN), panic (PDSS), traumatic stress (PCL-2), compulsions (Mini OCI-R), health anxiety (Whiteley-7) and insomnia (ISI) with links to THIS WAY UP's relevant online CBT or MBCT programs.	<a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
<b>What's OK at Home? (WOAH)</b> 🗣️ SYMPTOM MANAGEMENT AND WELLBEING TOOL A website to help young people (10-17yrs) and their adult allies affected by family violence recognise it and seek help.	<a href="https://woah.org.au/">https://woah.org.au/</a>

Young Adults (18-25)	
<b>Alcohol and Drug Foundation</b> 🗄️ <i>Path2Help</i> SCREENING AND REFERRAL Online screening portal (ASSIST) providing feedback on the level of associated risk, information, and referral to online or face-to-face alcohol and other drug services.	🗄️ <a href="https://adf.org.au/help-support/path2help/">https://adf.org.au/help-support/path2help/</a>
<b>Breakup Shakeup</b> 🗄️ 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL Behavioural activation app supporting adolescents and young adults to cope after a breakup.	📱 Available on App Store
<b>CanTeen Connect</b> 🗄️ 📱 🗄️ 🗄️ COUNSELLING   PEER SUPPORT App linking young people (12-25yrs) to an online community impacted by cancer, with optional webchat counselling.	🗄️ <a href="https://canteenconnect.org/">https://canteenconnect.org/</a> 📱 Available on App Store and Google Play
<b>headspace</b> 🗄️ 🗄️ 🗄️ 🗄️ 🗄️ 🗄️ SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT   INFORMATION Information, tools, and phone and online support for young people (12-25yrs) and their parents and caregivers, with mental health and alcohol and drug use issues.	📞 1800 650 890 (9am-1am) 🗄️ <a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Helpline</b> 🗄️ 🗄️ 🗄️ 🗄️ COUNSELLING   INFORMATION Online and phone counselling and information service for young people (5-25 yrs).	📞 1800 55 1800 (24/7) 🗄️ <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>Mello</b> 🗄️ 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL A CBT, DBT and ACT-based app to help young people (16-25yrs) break free of repetitive negative thoughts such as worry or rumination.	🗄️ <a href="https://www.mello.org.au/">https://www.mello.org.au/</a> 📱 Available on App Store and Google Play
<b>MindSpot</b> 🗄️ 🗄️ 🗄️ 🗄️ <i>Mood Mechanic</i> PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL Information and online CBT treatment programs with optional therapist guided support for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions. SCREENING AND REFERRAL Clinically validated screening measures for symptoms and severity of depression, generalised anxiety, panic disorder, social anxiety, PTSD, OCD, chronic pain and disability. Online CBT treatment programs with optional e-therapist guided support for adults.	🗄️ <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>

Young Adults (18-25)	
<b>MoodMission</b> 🗄️ SYMPTOM MANAGEMENT AND WELLBEING TOOL A CBT-based app for older adolescents or adults to learn new strategies to cope with stress, low moods, and anxiety.	🗄️ <a href="https://moodmission.com/">https://moodmission.com/</a> 📱 Available on App Store and Google Play
<b>MOST</b> 🗄️ 🗄️ 🗄️ 🗄️ 🗄️ PSYCHOLOGICAL TREATMENT   SYMPTOM MANAGEMENT AND WELLBEING TOOL   COUNSELLING   PEER SUPPORT Peer and professional web-chat support service with modules to help young people (12-25yrs) with depression, anxiety or sleep problems. Available through participating youth mental health services in VIC, QLD, NSW, ACT and WA.	🗄️ <a href="https://most.org.au/">https://most.org.au/</a> 📱 Available on App Store and Google Play
<b>My Circle</b> 🗄️ 🗄️ 🗄️ PEER SUPPORT A safe, confidential peer support platform for young people (12-25 yrs) with mental health, relationship and substance use issues to connect and learn from each other.	🗄️ <a href="https://kidshelpline.com.au/my-circle">https://kidshelpline.com.au/my-circle</a>
<b>ReachOut</b> 🗄️ 🗄️ 🗄️ 🗄️ PEER SUPPORT   INFORMATION Information, online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🗄️ <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>Smiling Mind</b> 🗄️ 📱 SYMPTOM MANAGEMENT AND WELLBEING TOOL Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing.	🗄️ <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a> 📱 Available on App Store and Google Play
<b>Stress Less Tips</b> 🗄️ SYMPTOM MANAGEMENT AND WELLBEING TOOL Tips to help support mental health and wellbeing by decreasing stress.	🗄️ <a href="https://www.stresslesstips.org.au/">https://www.stresslesstips.org.au/</a>

# Digital Resources for Aboriginal and Torres Strait Islander People

## Using Resources with Aboriginal and Torres Strait Islander People

Many of the digital resources created for Aboriginal and Torres Strait Islander People are based on the social emotional wellbeing framework (SEWB). When using digital resources with First Nations People, practitioners should endeavour to have an understanding of this framework which takes a holistic view of health and recognises the impact of connection to Country, culture, spirituality, family, and community on wellbeing. The perspectives of the patient or client on mental health and wellbeing should also be considered when selecting appropriate resources as these will vary between individuals.

The resources listed here have been developed specifically for Australia's First Nations People or have been shown to be appropriate to use with this population. To find other appropriate resources for your clients or patients, please visit WellMob.



Find more information on the SEWB framework



Visit **WellMob** to find more digital resources for Aboriginal and Torres Strait Islander People

- Free
- Accredited service
- Guided support available
- Practitioner required
- App
- Modules
- Forum
- Phone line
- SMS/online chat

<b>13YARN</b> 📞 🛡️ 📱 An Indigenous-led crisis line for Australia's First Nations People, providing safe and confidential telephone support.	📞 13 92 76 (24/7) 🔗 <a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>
<b>1800RESPECT</b> 📞 📱 🗣️ A domestic, family, and sexual violence phone, video, SMS and web-chat counselling organisation.	📞 1800 737 732 (24/7) 🔗 <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>AIMhi-Y</b> 📱 📱 📱 An app developed on the lands of the Larrakia and Arrernte People for young Aboriginal and Torres Strait Islander People (12-25yrs) at risk of distress and suicide.	🔗 <a href="https://www.menzies.edu.au/page/Resources/AIMhi-Y_App/">https://www.menzies.edu.au/page/Resources/AIMhi-Y_App/</a> 📱 Available on App Store and Google Play
<b>Alcohol and Drug Foundation</b> 📞 Information for Aboriginal and Torres Strait Islander People on the effects of alcohol and different drugs, treatment options, and information for those worried about someone else.	🔗 <a href="https://adf.org.au/">https://adf.org.au/</a>
<b>Beyond Blue</b> 📞 🗣️ 📱 🗣️ Information, phone and web-chat counselling, and peer support forums for people going through a tough time.	📞 1300 22 4636 (24/7) 🔗 <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Beyond Now</b> 📱 📱 App and web-based safety planning template to cope with suicidal thoughts. It should be used as part of a wider program of support.	🔗 <a href="https://www.lifeline.org.au/get-help/beyond-now/">https://www.lifeline.org.au/get-help/beyond-now/</a> 📱 Available on App Store and Google Play
<b>Blue Knot Foundation</b> 📞 🗣️ Non-Indigenous specific information and phone counselling for adults affected by complex trauma.	📞 1300 657 380 (9am-5pm) 🔗 <a href="https://blueknot.org.au/">https://blueknot.org.au/</a>
<b>Brother to Brother Crisis Line</b> 📞 🗣️ Crisis phone support line for Aboriginal men struggling with relationships, family violence, parenting or other issues. Staffed by Aboriginal men with lived experience.	📞 1800 435 799 (24/7) 🔗 <a href="https://www.dardimunwurro.com.au/brother-to-brother/">https://www.dardimunwurro.com.au/brother-to-brother/</a>
<b>Bunyarabugalma Youth</b> 📱 📱 SEWB app developed with and by young Indigenous People (12-25 yrs) on Bundjalung Country (Murwillumbah and Tweed) to strengthen wellbeing.	📱 Available on App Store and Google Play
<b>Butterfly Foundation</b> 📞 🗣️ 📱 🗣️ Non-Indigenous specific information, online screening (IOI-S), online, video and phone counselling, peer support and recovery programs for individuals worried about eating disorders and body image issues and their support people.	📞 1800 33 4673 🔗 <a href="https://butterfly.org.au/">https://butterfly.org.au/</a>
<b>Dreamy</b> 📞 Sleep stories from First Nations storytellers to help with sleep difficulties.	🔗 <a href="https://www.dreamysleep.com.au/">https://www.dreamysleep.com.au/</a>

<b>Gambling Help Online</b> 📞 📧 📱 📺 📺 First Nations online and phone counselling support, with Non-Indigenous specific screening tools, online modules highlighting motivation, values, goal-setting and urge management, and automated SMS support program, and a community peer support forum for anyone affected by gambling.	📞 1800 858 858 (24/7) 🌐 <a href="https://www.gamblinghelponline.org.au/">https://www.gamblinghelponline.org.au/</a>
<b>headspace Yarn Safe</b> 📞 Resources for young Aboriginal and Torres Strait Islander People on mental wellbeing, stress and pressure, relationships and alcohol and drugs.	🌐 <a href="https://headspace.org.au/yarn-safe/">https://headspace.org.au/yarn-safe/</a>
<b>Healing Foundation</b> 📞 Information to support healing for Stolen Generations survivors, families and communities.	🌐 <a href="https://healingfoundation.org.au/">https://healingfoundation.org.au/</a>
<b>Hitnet Community Hub</b> 📞 Information and services for hard-to-reach Aboriginal and Torres Strait Islander communities on health promotion, young people, community, and connection to Country and culture.	🌐 <a href="https://kiosk.hitnet.com.au/public/">https://kiosk.hitnet.com.au/public/</a>
<b>MensLine</b> 📞 📧 📱 📺 📺 A non-Indigenous specific telephone, video and online counselling organisation offering support to men in Australia.	📞 1300 78 99 78 (24/7) 🌐 <a href="https://mensline.org.au/">https://mensline.org.au/</a>
<b>MindSpot</b> 📞 📧 📱 📺 📺 <i>Wellbeing   Indigenous Wellbeing</i> Indigenous Wellbeing online program with optional therapist guided support for adults with depressed mood and anxiety. Non-Indigenous specific online programs, screening and information for adults with anxiety & depression, OCD, PTSD, chronic pain, and chronic conditions.	🌐 <a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
<b>My QuitBuddy</b> 📞 📱 A non-Indigenous specific app to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.	📱 Available on App Store and Google Play
<b>Quit</b> 📞 Non-Indigenous specific motivational interviewing resources, distraction tools and planning resources for people at any stage of trying to quit smoking or vaping.	🌐 <a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>Quitline</b> 📞 📱 Phone support and coaching to help people to quit smoking or vaping with optional 'call back' from an Aboriginal and Torres Strait Islander counsellor.	📞 13 7848 🌐 <a href="https://www.quit.org.au/">https://www.quit.org.au/</a>
<b>Raising Children Network</b> 📞 📱 Guidance for Aboriginal and Torres Strait Islander families, parents and caregivers to grow and thrive together. Available as Raising Healthy Minds app.	🌐 <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a> 📱 Available on App Store and Google Play

<b>ReachOut</b> 📞 📧 📱 📺 📺 Information for young First Nations People, with online forums and individual webchat with a peer worker for young people seeking support to improve wellbeing.	🌐 <a href="https://au.reachout.com/">https://au.reachout.com/</a>
<b>Sleep Ninja</b> 📞 📧 📱 📺 📺 An app to help young people (12-16 yrs) improve their sleep quality.	🌐 <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/</a> 📱 Available on App Store and Google Play
<b>Smiling Mind</b> 📞 📱 Website and app teaching mindfulness meditation to young people and adults to improve mental wellbeing. Series of meditations in Ngaanyatjarra and Pitjantjatjara languages.	🌐 <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a> 📱 Available on App Store and Google Play
<b>SMS4deadlydads</b> 📞 📱 SMS support with tips for Aboriginal and Torres Strait Islander dads and dads-to-be to connect with their baby and partner while supporting their own wellbeing.	🌐 <a href="https://www.sms4dads.com.au/deadly-dads/">https://www.sms4dads.com.au/deadly-dads/</a>
<b>Stay Strong</b> 📞 📧 📱 📺 📺 An app facilitating conversations for First Nations Australians' social and emotional wellbeing.	📱 Available on App Store and Google Play
<b>Strong Spirit Strong Mind</b> 📞 An online hub promoting Aboriginal culture as central for strengthening social and emotional wellbeing, and reducing harm from alcohol and other drug use.	🌐 <a href="https://strongspiritstrongmind.com.au/">https://strongspiritstrongmind.com.au/</a>
<b>Suicide Call Back Service</b> 📞 📧 📱 📺 📺 Non-Indigenous specific online, telephone and video counselling for people (15 yrs+) in Australia who are feeling suicidal or affected by suicide.	📞 1300 659 467 (24/7) 🌐 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>Thirrili/National Indigenous Suicide Postvention Service</b> 📞 📱 A phone line connecting First Nations families and communities impacted by suicide or another fatal traumatic incident with an Aboriginal Support Advocate who can coordinate emotional or practical support.	📞 1800 805 801 (24/7) 🌐 <a href="https://thirrili.com.au/">https://thirrili.com.au/</a>
<b>Wada Wanti: Leave the Ice Alone</b> 📞 📱 Interactive modules to support Aboriginal and Torres Strait Islander People who use methamphetamine (ice) to cut down or stop using.	🌐 <a href="https://www.wadawanti.org.au/">https://www.wadawanti.org.au/</a>
<b>Yarning SafeNStrong</b> 📞 📱 A phone counselling service for Aboriginal and Torres Strait Islander People's wellbeing, including financial wellbeing and drug and alcohol issues.	📞 1800 959 563 (24/7) 🌐 <a href="https://www.vahs.org.au/yarning-safenstrong/">https://www.vahs.org.au/yarning-safenstrong/</a>

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## Education. Guidance. Support.

eMHPrac is funded by the Australian Government to raise health practitioner awareness and knowledge of digital mental health. eMHPrac aims to empower the Australian health and wellbeing workforce to incorporate digital mental health resources into regular treatment, building capacity and capability to improve treatment opportunities for all Australians.

The project 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.

*The information provided in this guide is intended for health practitioners. Whilst the resources listed here were developed by credible sources and most are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any resource and use best judgement within the scope of their training and role to assess suitability for any particular patient or client. The resources listed in this guide are not exhaustive and represent only Australian products.*

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