



A Resource Guide For Practitioners



April 2017

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The eMHPrac e-Mental Health in Practice Project is funded by the Australian Government and aims to raise health practitioner awareness and knowledge of Digital Mental Health and to provide free training and support in its use to GPs, Allied Health Professionals and service providers working with Aboriginal and Torres Strait Islander people.

Digital Mental Health

Digital Mental Health (or e-mental health) is services, programs or applications that may be self-driven or involve real time or delayed interaction with a clinician or other support person. Digital Mental Health services and programs allow Australians to access mental health information and support from any place, at any time. Practitioners can use Digital Mental Health programs and services to support and aid their delivery of mental health services to their clients.

The eMHPrac Resource Guide for Practitioners

The eMHPrac Resource Guide for Practitioners provides a useful overview of various Australian online and teleweb programs. All listed programs have been developed by credible sources, such as the Australian Government, universities, and national non-government organisations.

Each program is described using the following codes:

- R** = Requires registration with name/email
- CT** = Counsellor/Coach/Therapist assistance included or available
- HP** = Separate Health Practitioner access available
- F** = Free to access/no cost
- Hollow circle (○) = Refer to program description for more details

This list is current as at April 2017.

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

Digital Mental Health Training and Supports for Practitioners

Official eMHPrac Training Websites

(For updated information on eMHPrac online training modules, webinars, videos, fact sheets and other resources please visit:)

The eMHPrac website

<http://www.emhprac.org.au>

Black Dog Institute eMHPrac Training website

<http://www.blackdoginstitute.org.au/education-training/health-professionals/mental-health-in-practice>

ANU eMHPrac Training website

[https://emhprac.anu.edu.au/list.php?category/43-Practitioner-Training emhprac/training](https://emhprac.anu.edu.au/list.php?category/43-Practitioner-Training%20emhprac/training)

Digital Mental Health Supports

eMHPrac Exchange

<http://www.emhprac.anu.edu.au>

An information website and forum to support Allied Health, Practitioners and Nurses in their use of Digital Mental Health.

E-Mental Health in Practice Community and Forum

<http://www.medcast.com.au>

An integrated e-learning platform, a series of webinars and an online community of knowledge-sharing for GPs and medical practitioners. Registration is required.

E-Mental Health Portals

<http://www.mindhealthconnect.org.au>

(MindHealthConnect)

www.beacon.anu.edu.au/users (Beacon)*

Tips for Using Digital Mental Health in Your Practice

When looking to use Digital Mental Health ask yourself:

1. Why are you recommending/referring/using a Digital Mental Health tool with your client? What will they get out of it (benefits)?
2. How will it be utilised? I.e. self guided, therapist supported, between sessions, follow up etc.
3. What are the challenges, barriers or issues of use? You may need to revise which program is being suggested.

Practical Issues to Consider Regarding Digital Mental Health Programs

1. Cost
2. Usability and functionality—ease of access and use
3. If it can only be used online
4. What kind of device the program works best on i.e. smartphone, tablet, desktop etc.
5. What operating system (iOS, Android, Windows) does the program need
6. User's technological knowledge and experience
7. Security of the program and the information it collects (i.e. registration)

*N.B. This website has not been updated and some information may be superseded.

CRISIS*		*N.B. The services below are general Crisis services. For more specific phone or web counselling services, please search using Diagnosis or Specialist Target Group.
1800RESPECT Telephone and online crisis and trauma counselling service to assist people experiencing the effects of sexual assault, domestic or family violence.	http://www.1800respect.org.au/ 1800 737 732 (Phone and online: 24 hours)	
Beyond Blue Support Service Telephone, online and email counselling for people going through a tough time.	http://www.beyondblue.org.au/get-support/get-immediate-support 1300 22 4636 (Phone: 24 hours) (Online counselling: 3pm-12am/7 days AEST)	
Kids Helpline Phone and real time web-based crisis support for youth (5-25 years).	http://www.kidshelp.com.au/ 1800 55 1800 (Phone: 24 hours) (Online crisis support: Varies by State)	
Lifeline Crisis Support Phone and real time online crisis support.	http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat 13 11 14 (Phone: 24 hours) (Online crisis chat: 7pm-4am/7 days AEST)	
Mensline Forums, information, referral service and telephone, online and video counselling for men.	http://www.mensline.org.au/ 1300 78 99 78 (Phone and online: 24 hours)	
Samaritans Crisis Line Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.	http://www.thesamaritans.org.au/ 13 52 47 (Phone: 24 hours)	
Suicide Call Back Service Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.	http://www.suicidecallbackservice.org.au/ 1300 659 467 (Phone and online: 24 hours)	

ANXIETY	R	CT	HP	F
<p>Beyond Blue Online Forum <i>'Anxiety'; 'Long term support over the journey'</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums</p>	•			•
<p>The BRAVE program Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components. http://www.brave4you.psy.uq.edu.au/</p>	•			•
<p>Centre for Clinical Interventions <i>'Facing Your Feelings'; 'Helping Health Anxiety'; 'Panic Stations'; 'Shy No Longer'; 'What? Me Worry!?!'</i> Online modules for: managing distressing feelings; managing anxiety about health issues; coping skills for panic attacks; coping with social anxiety; and chronic worry/generalised anxiety. http://www.cci.health.wa.gov.au/resources/consumers.cfm</p>				•
<p>E-Couch Interactive modules targeting depression, grief and loss, anxiety, and relationship breakdown. Info can be accessed without registration or register for the full program. http://www.ecouch.anu.edu.au/welcome</p>	•		•	•
<p>Federation eHealth Platform <i>'LIFE Flex'</i> A biopsychosocial web & mobile-based intervention program for anxiety and depression. http://www.fedehealth.org.au/</p>	•			•

E-Mental Health Resources by Diagnosis

ANXIETY R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Mental Health Online <i>'GAD Online'; 'OCD Stop!'; 'Panic Stop!'; 'PTSD Online'; 'SAD Online'</i> Online programs for: generalised anxiety disorder; OCD; panic disorder; PTSD; and social anxiety disorder, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au/	•	•	•	◐
MindSpot Clinic <i>'Mood Mechanic Course'; 'OCD Course'; 'PTSD Course'; 'Wellbeing Course'; 'Indigenous Wellbeing Course'; 'Wellbeing Plus Course'</i> Online courses for: managing depression and anxiety; overcoming OCD symptoms; overcoming PTSD symptoms; and helping adults 18-64 manage symptoms of stress, anxiety, worry and low mood ('Wellbeing' Courses - with additional versions for Indigenous Australians and adults aged over 60). Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•
MoodGYM A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety. http://www.moodgym.anu.edu.au/welcome	•		•	•
myCompass An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. http://www.mycompass.org.au/	•			•

E-Mental Health Resources by Diagnosis

ANXIETY	R	CT	HP	F
<p>NewAccess Assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. http://www.beyondblue.org.au/get-support/newaccess</p>	•	•		•
<p>OCD & Anxiety Helpline A telephone helpline providing support, information and referral to people with anxiety disorders and their carers. http://www.arcvic.org.au/our-services/helpline 1300 269 438 OR (03) 9830 0533 (10am-4pm AEST Mon-Fri)</p>		•		•
<p>OCD? Not Me! Online program including information, practical skills and support for young people (12-18yrs) with OCD. http://www.ocdnotme.com.au/</p>	•			•
<p>PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist</p>				•
<p>ReachOut Breathe App An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch. https://itunes.apple.com/app/apple-store/id985891649?mt=8</p>				•
<p>ReachOut WorryTime App An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them. https://itunes.apple.com/app/apple-store/id964311176?mt=8 https://play.google.com/store/apps/details?id=air.au.com.reachout.worrytime</p>				•

ANXIETY	R	CT	HP	F
<p>So You've Been in An Accident Website providing information and intervention for children aged 7-16 who have been in an accident. http://www.conrod.org.au/kidsaccident/</p>				•
<p>This Way Up <i>'Generalised Anxiety Disorder'; 'Health Anxiety'; 'Mindfulness'; 'Mixed Depression & Anxiety'; 'Social Phobia'; 'Panic'; 'OCD'</i> Online and app CBT course for depression; anxiety; health anxiety; mindfulness; social phobia; panic and agoraphobia; and OCD. Self help and clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ All courses except 'Health Anxiety' and 'Mindfulness' are available for download on Apple and Android products.</p>	•	•	•	
<p>This Way Up <i>'Take-a-Test'</i> Online anxiety & depression test to help choose a course and measure progress. https://thiswayup.org.au/take-a-test/</p>				•

E-Mental Health Resources by Diagnosis

BIPOLAR DISORDER

R: Requires registration with name/email

CT: Counsellor/Coach/Therapist assistance

HP: Separate Health Practitioner access available

F: Free to access/no cost

R CT HP F

Centre for Clinical Interventions

'Keeping Your Balance'

Online program for coping with bipolar disorder.

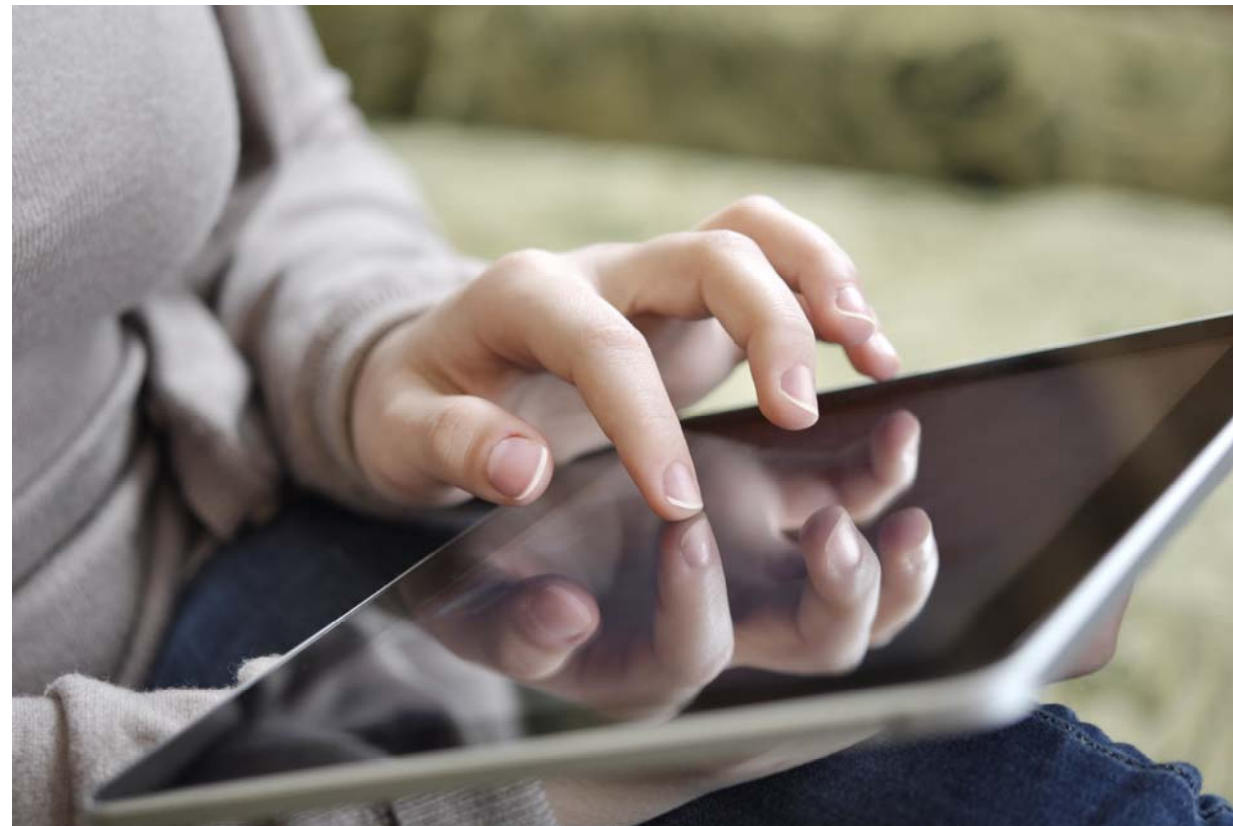
<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

Beyond Blue Online Forum

'Depression'

Online space for discussion and support from peers.

<https://www.beyondblue.org.au/get-support/online-forums>



E-Mental Health Resources by Diagnosis

DEPRESSION	R	CT	HP	F
<p>BeyondNow An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis.</p> <p>http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&gclid=CLLLv9X7gM0CFYmCvQodW2IKow https://itunes.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058?mt=8 https://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow</p>			•	•
<p>Beyond Blue Online Forum <i>'Depression'; 'Suicidal thoughts and self-harm'; 'Long term support over the journey'</i> Online space for discussion and support from peers.</p> <p>https://www.beyondblue.org.au/get-support/online-forums</p>	•			•
<p>Centre for Clinical Interventions <i>'Back from the Bluez'</i> Online information and CBT strategies to cope with depression.</p> <p>http://www.cci.health.wa.gov.au/resources/consumers.cfm</p>				•
<p>E-Couch Interactive modules targeting depression, grief and loss, anxiety, and relationship breakdown. Info can be accessed without registration or register for the full program.</p> <p>http://www.ecouch.anu.edu.au/welcome</p>	•		•	•
<p>Federation eHealth Platform <i>'LIFE Flex'</i> A biopsychosocial web & mobile-based intervention program for anxiety and depression.</p> <p>http://www.fedehealth.org.au/</p>	•			•

E-Mental Health Resources by Diagnosis

DEPRESSION	R	CT	HP	F
<p>R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost</p>				
<p>Mental Health Online <i>'Depression Online'</i> Online CBT program for depression, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au/</p>	•	•	•	◉
<p>MindSpot Clinic <i>'Mood Mechanic Course'; 'Wellbeing Course'; 'Indigenous Wellbeing'; 'Wellbeing Plus'</i> Online courses for: managing depression and anxiety; and managing symptoms of stress, anxiety, worry and low mood in adults aged 18-64 (with additional versions for Indigenous Australians and adults aged over 60). Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34</p>	•	•		•
<p>MoodGYM A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety. http://www.moodgym.anu.edu.au/welcome</p>	•		•	•
<p>myCompass An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. www.mycompass.org.au/</p>	•			•
<p>NewAccess Assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. http://www.beyondblue.org.au/get-support/newaccess</p>	•	•		•

DEPRESSION	R	CT	HP	F
<p>OnTrack <i>'Depression'; 'Alcohol and Depression'</i> Self-guided online interactive tools for depression and alcohol use. http://www.ontrack.org.au/web/ontrack</p>	•		•	•
<p>Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/ https://itunes.apple.com/au/app/id1030670665 https://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en</p>				•
<p>PANDA Perinatal depression phone counselling and referral service with online facts sheets. http://www.panda.org.au/ 1300 726 306 (Phone: 10am-5pm AEST Mon-Fri)</p>		•		•
<p>The Ripple Effect An online intervention designed to investigate what works to reduce the self-stigma and perceived-stigma among males from the farming community. http://www.therippleeffect.com.au/</p>	•			•
<p>This Way Up <i>'Depression'; 'Mindfulness'; 'Mixed Depression & Anxiety'</i> Online and app CBT courses for depression and anxiety. Self help and clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ 'Depression' and 'Mixed Depression & Anxiety' are available for download on Apple and Android products.</p>	•	•	•	

DEPRESSION

R CT HP F

This Way Up

'Take-a-Test'

Online anxiety & depression test to help choose a course and measure progress.

<https://thiswayup.org.au/take-a-test/>

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E-Mental Health Resources by Diagnosis

EATING DISORDERS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Beyond Blue Online Forum <i>'Anxiety'</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums		•			•
The Butterfly Foundation Telephone and web-based counselling, information and support for people affected by eating disorders. http://www.thebutterflyfoundation.org.au/national-edhope-line/support@thebutterflyfoundation.org.au 1800 33 4673 (Phone and online: 8am—9pm/Mon-Fri AEST)			•		•
Centre for Clinical Interventions <i>'Building Body Acceptance'; 'Overcoming Disordered Eating'</i> Online modules for: targeting body dysmorphia; and altering disordered eating patterns. http://www.cci.health.wa.gov.au/resources/consumers.cfm					•
Eating Disorders Victoria Recovery Forum An online messageboard for people (16 and over) with an eating disorder. http://www.eatingdisorders.org.au/online-services		•			•
Mental Health Online <i>'Bulimia Online'</i> Online CBT program for bulimia, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au/		•	•	•	•

PHYSICAL HEALTH PROBLEMS	R	CT	HP	F
<p>CanTeen Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer. http://www.canteen.org.au/ 1800 835 932 support@canteen.org.au</p>	•	•		•
<p>Cancer Counselling Service (Cancer Council QLD) Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (e.g. family, friends). http://www.cancerqld.org.au/page/need_support/cancer_counselling_service 07 3634 5248</p>		•		•
<p>Centre for Clinical Interventions <i>'Helping Health Anxiety'</i> Online modules for understanding and managing anxiety about health related issues. http://www.cci.health.wa.gov.au/resources/consumers.cfm</p>				•
<p>Finding My Way An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer. http://www.findingmyway.org.au/</p>	•			•
<p>OnTrack <i>'OnTrack Diabetes'</i> Provides online physical and emotional support in diabetes type 2 sufferers. http://www.ontrack.org.au/diabetes/</p>	•		•	•

E-Mental Health Resources by Diagnosis

STRESS/ WELLBEING				
Act-Belong-Commit An online campaign and app encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life. http://www.actbelongcommit.org.au/ https://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8				●
Beyond Blue Online Forum <i>‘Relationship & Family Issues’; ‘Staying Well’; ‘Young People’; ‘Supporting family & friends with a mental health condition (carers)’; ‘Treatments, health professionals and therapies’; ‘Suicidal thoughts and self harm’; ‘Long term support over the journey’</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums	●			●
BITE BACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 years). http://www.biteback.org.au/				●
Breakup Shakeup (<i>Young and Well CRC ‘e-Tools for Wellbeing’</i>) A behavioural activation app that provides fun, easy activities to do to help young people (14-25 years) cope after a breakup. https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8				●
Centre for Clinical Interventions <i>‘Facing Your Feelings’</i> Online modules for managing distressing feelings. http://www.cci.health.wa.gov.au/resources/consumers.cfm				●

STRESS/WELLBEING	R	CT	HP	F
<p>The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/</p>	•			•
<p>eheadspace Internet chat, email or phone support for young people (12-25 years) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat). http://www.eheadspace.org.au/ 1800 650 890 (Phone and online: 9am—1am/7 days AEST)</p>	◉	•		•
<p>Federation eHealth Platform <i>‘iChooseWell’; ‘iMindTime’; ‘THRIVE eHealth’</i> Includes: a strategy-based program to improve wellbeing and decrease stress; a brief mindfulness-based program to improve wellbeing; and a brief one-module program that provides information on relaxation, nutrition, sleep, exercise goal setting and life balance. http://www.fedehealth.org.au/</p>	•			•
<p>High Res An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back. http://www.at-ease.dva.gov.au/highres/ https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8 https://play.google.com/store/apps/details?id=com.gov.dva</p>				•
<p>Mindgauge An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle. http://www.mindgauge.org.au/</p>				•

E-Mental Health Resources by Diagnosis

STRESS/ WELLBEING	R: Requires registration with name/email	R	CT	HP	F
CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available				
F: Free to access/no cost					
MindSpot Clinic <i>'Mood Mechanic Course'; 'Wellbeing Course'; 'Indigenous Wellbeing'; 'Wellbeing Plus'</i> Online courses for: managing depression and anxiety; and managing symptoms of stress, anxiety, worry and low mood in adults aged 18-64 (with additional versions for Indigenous Australians and adults aged over 60). Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•	
MoodMission An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. http://www.moodmission.com/ https://itunes.apple.com/au/app/moodmission/id1140332763?mt=8	•			•	
MoodPrism An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health. http://www.moodprismapp.com/ https://itunes.apple.com/au/app/moodprism/id1044879598?mt=8 https://play.google.com/store/apps/details?id=au.com.monash.moodprism&hl=en				•	
myCompass An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. http://www.mycompass.org.au/	•			•	
Music eEscape (Young and Well CRC 'e-Tools for Wellbeing') An app that uses the power of music to help take charge of feelings. Users can match music to their mood and create a 'music journey' to express, enhance or change their mood. https://itunes.apple.com/au/app/music-escape/id971949389?mt=8				•	

STRESS/WELLBEING	R	CT	HP	F
<p>New Roots An app to support and build the health and wellbeing of men from Arabic, Farsi, and Tamil speaking backgrounds, who have recently arrived in Australia. https://itunes.apple.com/au/app/new-roots/id1029319390?mt=8</p>				•
<p>OnTrack <i>'OnTrack Families and Friends'; 'OnTrack Flood and Storm Recovery'</i> Online tools for people supporting someone with a mental illness, and to help people recover following extreme weather conditions. http://www.ontrack.org.au/web/ontrack</p>	•		•	•
<p>ReachOut Online information, tools, forums and apps aiming to help youth (under 25) cope with tough times, improve well-being and increase social engagement. http://www.au.reachout.com/</p>				•
<p>ReachOut Breathe App An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch. https://itunes.apple.com/app/apple-store/id985891649?mt=8</p>				•
<p>ReachOut NextStep An online tool designed to make help seeking easier for 18-25 year olds, by recommending relevant support options based on their symptoms. http://www.au.reachout.com/reachout-nextstep#nextstep</p>				•
<p>ReachOut Orb An interactive game for Year 9 and 10 students that uses virtual experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations. http://www.au.reachout.com/reachout-orb-game https://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8</p>	•			•

E-Mental Health Resources by Diagnosis

STRESS/ WELLBEING	R	CT	HP	F
R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost				
ReachOut Parents A digital service for parents of teenagers, providing practical tips, fact sheets and forums to help parents support the mental health and wellbeing of their teens. (Registration required to post on forums). http://www.parents.au.reachout.com/	●			●
ReachOut WorryTime App An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them. https://itunes.apple.com/app/apple-store/id964311176?mt=8 https://play.google.com/store/apps/details?id=air.au.com.reachout.worrytime				●
Recharge A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine. https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8				●
Smiling Mind A website and app teaching Mindfulness Meditation to young people (7-22 years), and adults. http://www.smilingmind.com.au/ https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8 https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en	●			●
Smiling Mind Workplace Program A program teaching Mindfulness Meditation to employees in the workforce. https://smilingmind.com.au/our-programs/mindfulness-in-the-workplace/	●	●		

STRESS/WELLBEING	R	CT	HP	F
<p>This Way Up <i>'Mixed Depression & Anxiety'; 'Mindfulness'</i> Online and app CBT courses for depression and anxiety. Self help and clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ https://itunes.apple.com/au/app/overcoming-anxiety-depression/id989074562?mt=8 https://play.google.com/store/apps/details?id=com.thiswayup.depressionandanxiety&hl=en</p>	•	•	•	
<p>This Way Up <i>'Take-a-Test'</i> Online anxiety & depression test to help choose a course and measure progress. https://thiswayup.org.au/take-a-test/</p>				•



SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
<p>Clear Your Vision An interactive online program to help young people (13-25 years) change their cannabis use. http://www.clearyourvision.org.au/</p>				•
<p>Counselling Online Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules are also available. Registration is only mandatory for Self-help modules or to create an optional profile for future counselling sessions. http://www.counsellingonline.org.au/ 1800 888 236</p>	●	•		•
<p>Federation eHealth Platform <i>'BDZ eHealth'</i> A web and mobile psychoeducation program that aims to help people reduce and withdraw from benzodiazepine use. http://www.fedehealth.org.au/</p>	•			•
<p>Gambling Help Online Telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelponline.org.au/ 1800 858 858 (Phone and online: 24/7)</p>		•		•
<p>Hello Sunday Morning A website and app which aims to support any individual to cut back or take a break from using alcohol. http://www.hellosundaymorning.org/ https://itunes.apple.com/au/app/daybreak-drink-less/id1107514492?mt=8 https://play.google.com/store/apps/details?id=com.hellosundaymorning.android.challenges&hl=en</p>	•			•

E-Mental Health Resources by Diagnosis

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
<p>My QuitBuddy An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.</p> <p>https://itunes.apple.com/au/app/quit-now-my-quitbuddy/id527485761?mt=8 https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&feature=nav_result#?t=W251bGwsMSwyLDNd https://www.microsoft.com/en-au/store/apps/my-quitbuddy/9nblggh0856n</p>				•	
<p>OnTrack <i>'Alcohol'; 'Alcohol and Depression'</i> Online programs for wanting to cut back on their alcohol use (including a version for those also suffering depression).</p> <p>http://www.ontrack.org.au/web/ontrack</p>	•		•	•	
<p>Parenting Strategies: Preventing Adolescent Alcohol Misuse An online program providing strategies to help parents protect their children from alcohol problems.</p> <p>http://www.parentingstrategies.net/alcohol/</p>	•			•	
<p>Quit for you—Quit for two An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking.</p> <p>https://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042 https://play.google.com/store/apps/details?id=au.com.bcm.quitfortwo</p>				•	
<p>Quit Now Calculator The Quit Now Calculator allows the user to select a savings goal and calculates the amount currently spent on smoking, and the time it would take to reach the savings goal if they were to stop smoking.</p> <p>http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/online-calculator</p>				•	

E-Mental Health Resources by Diagnosis

SUBSTANCE USE & ADDICTIVE BEHAVIOURS	R	CT	HP	F
<p>QuitCoach An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy. http://www.quitcoach.org.au/</p>	•			•
<p>QuitLine Telephone coaching for those wishing to quit smoking. Also includes a call-back service where users can book a time for Quit to call them (up to six call-backs offered). http://www.quit.org.au/ 13 7848</p>		•		•
<p>Ray's Night Out (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) An app to help youth (16-25 years) increase their awareness of their drinking limits and promote safer drinking practices https://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8</p>				•
<p>Reduce Your Use Six-week online support program for cannabis use. http://www.reduceyouruse.org.au/sign-up/</p>	•			•
<p>Say When A website providing information and brief intervention for alcohol. Registration mandatory only for personal Drinking Profile - all other tools do not require registration. http://mapi.betterhealth.vic.gov.au/saywhen</p>	◉			•
<p>The Right Mix Self-help tools, strategies and motivational goals to help serving and ex-serving ADF members achieve a healthy balance between alcohol use, diet and exercise. The companion app helps track drinking and spending. http://www.therightmix.gov.au/ https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ontrack</p> <p>*DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.</p>				•

E-Mental Health Resources by Diagnosis

TRAUMA	R: Requires registration with name/email	CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available	F: Free to access/no cost
	R	CT	HP	F
Beyond Blue Online Forum <i>'PTSD & Trauma'</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums	•			•
Blue Knot Foundation Telephone and email counselling, information, referral service and resources with online fact sheets and downloadable videos. http://www.blueknot.org.au/ 1300 657 380 helpline@blueknot.org.au (Phone and email: 9-5 Monday to Sunday AEST)		•		•
Daisy App connecting Australian women to abuse services. https://www.1800respect.org.au/daisy/ https://itunes.apple.com/us/app/daisy/id968542048?ls=1&mt=8 https://play.google.com/store/apps/details?id=au.com.medibank.projectconnect				•
Mental Health Online <i>'PTSD Online'</i> Online CBT program for sufferers of PTSD, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au/	•	•	•	◉
MindSpot Clinic <i>'PTSD Course'</i> Online course to help people who have experienced a trauma to overcome PTSD symptoms. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•

TRAUMA	R	CT	HP	F
<p>PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist</p>				•
<p>So You've Been in An Accident Website providing information and intervention for children aged 7-16 who have been in an accident. http://www.conrod.org.au/kidsaccident/</p>				•
<p>This Way Up 'PTSD' Online CBT course for people with posttraumatic stress disorder. http://www.thiswayup.org.au/how-we-can-help/courses/</p>	•	•	•	



OTHER ISSUES	R	CT	HP	F
<p>Autism Games Free, online games to assist children (5-15 years) with moderate to severe autism to develop independent living skills. http://www.autismgames.com.au/</p>				•
<p>Beyond Blue Online Forum <i>'Relationship & Family Issues'; 'Treatments, health professionals & therapies'</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums</p>	•			•
<p>Breakup Shakeup (Young and Well CRC 'e-Tools for Wellbeing') A behavioural activation app that provides fun, easy activities to do to help young people (14-25 years) cope after a breakup. https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8</p>				•
<p>Centre for Clinical Interventions <i>'Building Body Acceptance'</i> Online modules for targeting body dysmorphia. http://www.cci.health.wa.gov.au/resources/consumers.cfm</p>				•
<p>OnTrack <i>'OnTrack Flood and Storm Recovery'; 'OnTrack Get Real'</i> Online tools to: help people recover following extreme weather conditions; and to help people with quasi-psychotic experiences. http://www.ontrack.org.au/web/ontrack</p>	•		•	•

OTHER ISSUES	R	CT	HP	F
<p>Out & Online An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25 years. http://www.outandonline.org.au/</p>	•			•
<p>QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527 (Phone and online: 5:30pm-10:30pm/7 days AEST)</p>		•		•



E-Mental Health Resources by Specialist Target Group

CARERS SERVICES	R: Requires registration with name/email	R	CT	HP	F
CT: Counsellor/Coach/Therapist assistance	HP: Separate Health Practitioner access available				
F: Free to access/no cost					
Beyond Blue Online Forum <i>‘Supporting family & friends with a mental health condition (carers)’</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums		•			•
Mental Health Foundations for Carers An online eight-module course from Carers Australia, providing mental health foundations for carers new to their role. http://www.foundationsforcarers.org.au/interactive/main.htm					•
OnTrack <i>‘OnTrack Families and Friends’</i> Online tools and information for people supporting someone with a mental illness. http://www.ontrack.org.au/web/ontrack		•		•	•
SANE—Carers and Lived Experience forums Moderated forums providing peer-to-peer support for those experiencing or caring for someone with a mental illness. http://www.saneforums.org/		•			•

CHILD & YOUTH SERVICES	R	CT	HP	F
<p>Autism Games Free, online games to assist children (5-15 years) with moderate to severe autism to develop independent living skills. http://www.autismgames.com.au/</p>				•
<p>Beyond Blue Online Forum <i>'Young People'</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums</p>	•			•
<p>BITE BACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 years). http://www.biteback.org.au/</p>				•
<p>The BRAVE program Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components. http://www.brave4you.psy.uq.edu.au/</p>	•			•
<p>Breakup Shakeup (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) A behavioural activation app that provides fun, easy activities to do to help young people (14-25 years) cope after a breakup. https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8</p>				•
<p>CanTeen Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer. http://www.canteen.org.au/ 1800 835 932 support@canteen.org.au</p>	•	•		•

E-Mental Health Resources by Specialist Target Group

CHILD & YOUTH SERVICES R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Clear Your Vision An interactive online program to help young people (13-25 years) change their cannabis use. http://www.clearyourvision.org.au/				•
The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/	•			•
eheadspace Internet chat, email or phone support for young people (12-25 years) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat). http://www.eheadspace.org.au/ 1800 650 890 (9am—1am/7 days AEST)	◉	•		•
Kids Helpline Phone and real time web-based crisis support for youth (5-25 years). http://www.kidshelp.com.au/ 1800 55 1800 (Phone: 24 hours) (Online crisis support: Varies by State)		•		•
MindSpot Clinic <i>'Mood Mechanic Course'</i> An online program for stress, worry, anxiety and depression in people aged 18-25. http://www.mindspot.org.au/	•	•		•
Music eScape (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) An app that uses the power of music to help take charge of feelings. Users (14-25+ years) can match music to their mood and create a 'music journey' to express, enhance or change their mood. https://itunes.apple.com/au/app/music-escape/id971949389?mt=8				•

E-Mental Health Resources by Specialist Target Group

CHILD & YOUTH SERVICES	R	CT	HP	F
<p>Out & Online An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25 years. http://www.outandonline.org.au/</p>	•			•
<p>OCD? Not Me! Online program including information, practical skills and support for young people (12-18yrs) with OCD. http://www.ocdnotme.com.au/</p>	•			•
<p>Ray's Night Out (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) An app to help youth (16-25 years) increase their awareness of their drinking limits and promote safer drinking practices https://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8</p>				•
<p>ReachOut Online information, tools, forums and apps aiming to help youth (under 25) cope with tough times, improve well-being and increase social engagement. http://www.au.reachout.com/</p>				•
<p>ReachOut NextStep An online tool designed to make help seeking easier for 18-25 year olds, by recommending relevant support options based on their symptoms. http://www.au.reachout.com/reachout-nextstep#nextstep</p>				•
<p>ReachOut Orb An interactive game for Year 9 and 10 students that uses virtual experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations. http://www.au.reachout.com/reachout-orb-game https://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8</p>	•			•

CHILD & YOUTH SERVICES	R	CT	HP	F
<p>Recharge A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine. https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8</p>				•
<p>Smiling Mind A website and app teaching Mindfulness Meditation to young people (7-22 years), and adults. http://www.smilingmind.com.au/ https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8 https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en</p>	•			•
<p>So You've Been in An Accident Website providing information and intervention for children aged 7-16 who have been in an accident. http://www.conrod.org.au/kidsaccident/</p>				•

E-Mental Health Resources by Specialist Target Group

INDIGENOUS AND OTHER CULTURAL SERVICES	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
MindSpot Clinic <i>'Indigenous Wellbeing Course'</i> A course for Indigenous Australians to help them manage symptoms of stress, anxiety, worry and low mood. Includes phone/online assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34		•	•		•
New Roots An app to support and build the health and wellbeing of men from Arabic, Farsi, and Tamil speaking backgrounds, who have recently arrived in Australia. https://itunes.apple.com/au/app/new-roots/id1029319390?mt=8					•
Stay Strong App Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems. https://itunes.apple.com/us/app/aimhi-stay-strong-app/id912289264?ls=1&mt=8 https://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en		•		•	

E-Mental Health Resources by Specialist Target Group

LGBTI SERVICES	R	CT	HP	F
Out & Online An online program to improve wellbeing and reduce mental health symptoms in same-gender attracted youth aged 18-25 years. http://www.outandonline.org.au/	•			•
QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527 (Phone and online: 5:30pm-10:30pm/7 days AEST)		•		•

OLDER ADULTS SERVICES*	R	CT	HP	F
*N.B. Most of the services listed in this guide are suitable for older adults. This section lists services targeted specifically at older adults.				
Alzheimer's Australia Dementia Support Online and videoconference counselling, an online forum, and information about dementia. http://www.helpwithdementia.org.au/	•	•		•
MindSpot Clinic 'Wellbeing Plus Course' Online courses to help adults aged over 60 manage symptoms of stress, anxiety, worry and low mood. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34	•	•		•

E-Mental Health Resources by Specialist Target Group

PARENTING SERVICES R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Baby Steps An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. http://www.babysteps.org.au/web/index	•			•
The BRAVE program (parent component) Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components. http://www.brave4you.psy.uq.edu.au/	•			•
Mind the Bump A Mindfulness Meditation App to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. https://itunes.apple.com/au/app/mind-the-bump/id927712215?ls=1&mt=8 https://play.google.com/store/apps/details?id=au.org.mindthebump				•
Parent Line Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories. QLD & NT: http://www.parentline.com.au/ 1300 30 1300 (Phone: 8am—10pm/7 days AEST) (Online counselling: 11am—2pm/Tues & Thurs AEST) NSW: http://www.parentline.org.au/ 1300 1300 52 (Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm) (Online counselling Mon-Tues 10am-12pm during school terms) VIC: http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx 13 22 89 (8am-12am/7 days) SA: http://www.parenting.sa.gov.au 1300 364 100 (24/7) WA: (08) 6279 1200 or 1800 654 432 (24/7) ACT: http://www.parentlineact.org.au (02) 6287 3833 (9am-5pm Mon-Fri) TAS: 1300 808 178 (24/7)		•		•

PARENTING SERVICES	R	CT	HP	F
<p>Parenting Strategies: Preventing Adolescent Alcohol Misuse An online program providing strategies to help parents protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/</p>	•			•
<p>Parent Works Online program for Australian parents and caregivers providing evidence-based parenting strategies. https://parentworks.org.au/#/</p>	•			•
<p>Pregnancy, Birth and Baby Phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year. http://www.pregnancybirthbaby.org.au/ 1800 882 436 (24 hours)</p>		•		•
<p>Like Father Like Son <i>'Discussion Forum'</i> Online forum for fathers and male caregivers to talk about parenting and child behaviour with peers. https://www.likefatherlikeson.com.au</p>	•		•	•
<p>Quit for you—Quit for two An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking. https://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042 https://play.google.com/store/apps/details?id=au.com.bcm.quitfortwo</p>				•
<p>ReachOut Parents A digital service for parents of teenagers, providing practical tips, fact sheets and forums to help parents support the mental health and wellbeing of their teens. (Registration required to post on forums). http://www.parents.au.reachout.com/</p>	◉			•

E-Mental Health Resources by Specialist Target Group

PARENTING SERVICES

R: Requires registration with name/email
CT: Counsellor/Coach/Therapist assistance
HP: Separate Health Practitioner access available
F: Free to access/no cost

R CT HP F

Triple P Online

Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD.

<http://www.triplep-parenting.net.au/qld-uken/get-help/which-triple-p-is-right-for-me/triple-p-online-your-personal-parenting-program-247/>

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What Were We Thinking

An interactive online program and app for first-time parents.

<http://www.whatwerewethinking.org.au/>

<https://itunes.apple.com/au/app/what-were-we-thinking/id925235935?mt=8>

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E-Mental Health Resources by Specialist Target Group

VETERAN SERVICES R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
High Res An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back. http://www.at-ease.dva.gov.au/highres/ https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8 https://play.google.com/store/apps/details?id=com.gov.dva				•
Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/ https://itunes.apple.com/au/app/id1030670665 https://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en				•
PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist				•
The Right Mix Self-help tools, strategies and motivational goals to help serving and ex-serving ADF members achieve a healthy balance between alcohol use, diet and exercise. The companion app helps track drinking and spending. http://www.therightmix.gov.au/ https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ontrack *DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.				•
Veterans & Veterans Families Counselling Service Free and confidential crisis counselling telephone service for members of the veteran and ex-service community. http://www.vvcs.gov.au/ 1800 011 046 (Phone: 24 hours)		•		•

APPS	R	CT	HP	F
<p>Act-Belong-Commit An online campaign and app encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life. http://www.actbelongcommit.org.au/ https://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8</p>				•
<p>BeyondNow An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis. http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&gclid=CLLLv9X7gM0CFYmCvQodW2IKow https://itunes.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058?mt=8 https://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow</p>			•	•
<p>Breakup Shakeup (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) A behavioural activation app that provides fun, easy activities to do to help young people (14-25 years) cope after a breakup. https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8</p>				•
<p>Daisy App connecting Australian women to abuse services. https://www.1800respect.org.au/daisy/ https://itunes.apple.com/us/app/daisy/id968542048?ls=1&mt=8 https://play.google.com/store/apps/details?id=au.com.medibank.projectconnect</p>				•
<p>Hello Sunday Morning A website and app which aims to support any individual to cut back or take a break from using alcohol. http://www.hellosundaymorning.org/ https://itunes.apple.com/au/app/daybreak-drink-less/id1107514492?mt=8 https://play.google.com/store/apps/details?id=com.hellosundaymorning.android.challenges&hl=en</p>	•			•

E-Mental Health Resources by Delivery Mode

APPS R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
High Res An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back. http://www.at-ease.dva.gov.au/highres/ https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8 https://play.google.com/store/apps/details?id=com.gov.dva				•
Mind the Bump A Mindfulness Meditation App to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. https://itunes.apple.com/au/app/mind-the-bump/id927712215?ls=1&mt=8 https://play.google.com/store/apps/details?id=au.org.mindthebump				•
Mindgauge An app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle. http://www.mindgauge.org.au/				•
MoodMission An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. http://www.moodmission.com/ https://itunes.apple.com/au/app/moodmission/id1140332763?mt=8	•			•
MoodPrism An app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health. http://www.moodprismapp.com/ https://itunes.apple.com/au/app/moodprism/id1044879598?mt=8 https://play.google.com/store/apps/details?id=au.com.monash.moodprism&hl=en				•

E-Mental Health Resources by Delivery Mode

APPS	R	CT	HP	F
<p>Music eScape (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) An app that uses the power of music to help take charge of feelings. Users can match music to their mood and create a 'music journey' to express, enhance or change their mood.</p> <p>https://itunes.apple.com/au/app/music-escape/id971949389?mt=8</p>				•
<p>My QuitBuddy An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum.</p> <p>https://itunes.apple.com/au/app/quit-now-my-quitbuddy/id527485761?mt=8 https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&feature=nav_result#?t=W251bGwsMSwyLDNd https://www.microsoft.com/en-au/store/apps/my-quitbuddy/9nblggh0856n</p>				•
<p>New Roots An app to support and build the health and wellbeing of men from Arabic, Farsi, and Tamil speaking backgrounds, who have recently arrived in Australia.</p> <p>https://itunes.apple.com/au/app/new-roots/id1029319390?mt=8</p>				•
<p>On Track with The Right Mix The companion app to 'The Right Mix' online program. The app helps serving and ex-serving ADF members track their drinking and spending.</p> <p>https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ontrack</p> <p>*DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.</p>				•

E-Mental Health Resources by Delivery Mode

APPS R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/ https://itunes.apple.com/au/app/id1030670665 https://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en				•
PTSD Coach Australia An app that helps people understand and manage the symptoms of post-traumatic stress disorder. https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist				•
Quit for you—Quit for two An app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking. https://itunes.apple.com/au/app/quit-for-you-quit-for-two/id549772042 https://play.google.com/store/apps/details?id=au.com.bcm.quitfortwo				•
Ray's Night Out (<i>Young and Well CRC 'e-Tools for Wellbeing'</i>) An app to help youth (16-25 years) increase their awareness of their drinking limits and promote safer drinking practices https://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8				•
ReachOut Breathe App An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch. https://itunes.apple.com/app/apple-store/id985891649?mt=8				•

E-Mental Health Resources by Delivery Mode

APPS	R	CT	HP	F
<p>ReachOut Orb</p> <p>An interactive game for Year 9 and 10 students that uses virtual experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations.</p> <p>http://www.au.reachout.com/reachout-orb-game https://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8</p>	•			•
<p>ReachOut WorryTime App</p> <p>An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.</p> <p>https://itunes.apple.com/app/apple-store/id964311176?mt=8 https://play.google.com/store/apps/details?id=air.au.com.reachout.worrytime</p>				•
<p>Recharge</p> <p>A six-week program aiming to improve mood and energy levels (in those aged 12+) by establishing a good sleep/wake routine.</p> <p>https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8</p>				•
<p>Smiling Mind</p> <p>A website and app teaching Mindfulness Meditation to young people (7-22 years), and adults.</p> <p>http://www.smilingmind.com.au/ https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8 https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en</p>	•			•
<p>Stay Strong App</p> <p>Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.</p> <p>https://itunes.apple.com/us/app/aimhi-stay-strong-app/id912289264?ls=1&mt=8 https://play.google.com/store/apps/details?id=com.menzies.staystrong&hl=en</p>	•		•	
<p>What Were We Thinking</p> <p>An interactive online program and app for first-time parents.</p> <p>http://www.whatwerewethinking.org.au/ https://itunes.apple.com/au/app/what-were-we-thinking/id925235935?mt=8</p>				•

E-Mental Health Resources by Delivery Mode

ONLINE PEER SUPPORT (MODERATED)	R: Requires registration with name/email	R	CT	HP	F
	CT: Counsellor/Coach/Therapist assistance				
	HP: Separate Health Practitioner access available				
	F: Free to access/no cost				
Alzheimer's Australia Dementia Support Online and videoconference counselling, an online forum, and information about dementia. http://www.helpwithdementia.org.au/		•	•		•
Beyond Blue Online Forum <i>'Depression'; 'Relationship & Family Issues'; 'Staying Well'; 'Anxiety'; Young People'; 'PTSD & Trauma'; 'Supporting family and friends with a mental health condition (carers)'; 'Treatments, health professionals and therapies'; 'Suicidal thoughts and self-harm'; 'Long term support over the journey'</i> Online space for discussion and support from peers. https://www.beyondblue.org.au/get-support/online-forums		•			•
CanTeen Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer. http://www.canteen.org.au/ 1800 835 932 support@canteen.org.au		•	•		•
The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/		•			•
Eating Disorders Victoria Recovery Forum An online messageboard for people (16 and over) with an eating disorder. http://www.eatingdisorders.org.au/online-services		•			•
Like Father Like Son <i>'Discussion Forum'</i> Online forum for fathers and male caregivers to talk about parenting and child behaviour with peers. https://www.likefatherlikeson.com.au		•		•	•

ONLINE PEER SUPPORT (MODERATED)	R	CT	HP	F
<p>Mensline Forums, information, referral service and telephone, online and video counselling for men. http://www.mensline.org.au/ 1300 78 99 78 (Phone and online: 24 hours)</p>		•		•
<p>My QuitBuddy An app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum. https://itunes.apple.com/au/app/quit-now-my-quitbuddy/id527485761?mt=8 https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&feature=nav_result#?t=W251bGwsMSwyLDNd https://www.microsoft.com/en-au/store/apps/my-quitbuddy/9nblggh0856n</p>				•
<p>Parent Works Online program for Australian parents and caregivers providing evidence-based parenting strategies. https://parentworks.org.au/#/</p>	•			•
<p>ReachOut Online information, tools, forums and apps aiming to help youth (under 25) cope with tough times, improve well-being and increase social engagement. http://www.au.reachout.com/</p>				•
<p>ReachOut Parents A digital service for parents of teenagers, providing practical tips, fact sheets and forums to help parents support the mental health and wellbeing of their teens. (Registration required to post on forums). http://www.parents.au.reachout.com/</p>	◉			•
<p>SANE—Carers and Lived Experience forums Moderated forums providing peer-to-peer support for those experiencing or caring for someone with a mental illness. http://www.saneforums.org/</p>	•			•

E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS (SELF DIRECTED)	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Act-Belong-Commit An online campaign and app encouraging people to promote their own mental wellbeing by being active, connecting with others and creating purpose in their life. http://www.actbelongcommit.org.au/ https://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8					•
Autism Games Free, online games to assist children (5-15 years) with moderate to severe autism to develop independent living skills. http://www.autismgames.com.au/					•
Baby Steps An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood. http://www.babysteps.org.au/web/index	•				•
BeyondNow An app and online version that involves creating a safety plan that the user can work through when they're experiencing suicidal thoughts, feelings, distress or crisis. http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning?&gclid=CLLLv9X7gM0CFYmCvQodW2IKow https://itunes.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058?mt=8 https://play.google.com/store/apps/details?id=au.org.beyondblue.beyondnow			•		•
BITE BACK Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25 years). http://www.biteback.org.au/					•
The BRAVE program Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components. http://www.brave4you.psy.uq.edu.au/	•				•

ONLINE PROGRAMS (SELF DIRECTED)	R	CT	HP	F
<p>Centre for Clinical Interventions <i>'Back from the Bluez'; 'Building Body Acceptance'; 'Facing Your Feelings'; 'Helping Health Anxiety'; 'Keeping Your Balance'; 'Overcoming Disordered Eating'; 'Panic Stations'; 'Shy No Longer'; 'What? Me Worry!?!'</i> Online self-help modules for a range of different issues. http://www.cci.health.wa.gov.au/resources/consumers.cfm</p>				•
<p>Clear Your Vision An interactive online program to help young people (13-25 years) change their cannabis use. http://www.clearyourvision.org.au/</p>				•
<p>The Desk Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in tertiary students. http://www.thedesk.org.au/</p>	•			•
<p>E-Couch Interactive modules targeting depression, grief and loss, anxiety, and relationship breakdown. Info can be accessed without registration or register for the full program. http://www.ecouch.anu.edu.au/welcome</p>	•		•	•
<p>Federation eHealth Platform <i>'iChooseWell'; 'iMindTime'; 'LIFE FLeX'; 'THRIVE eHealth'; 'BDZ eHealth'</i> Web and mobile programs (including brief programs) for anxiety and depression, reducing stress and improving wellbeing. Also includes a program for reducing benzodiazepine use. http://www.fedehealth.org.au/</p>	•			•
<p>Finding My Way An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer. http://www.findingmyway.org.au/</p>	•			•

E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS (SELF DIRECTED)	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Hello Sunday Morning A website and app which aims to support any individual to cut back or take a break from using alcohol. http://www.hellosundaymorning.org/ https://itunes.apple.com/au/app/daybreak-drink-less/id1107514492?mt=8 https://play.google.com/store/apps/details?id=com.hellosundaymorning.android.challenges&hl=en		•			•
High Res An eToolbox and app to help serving and ex-serving ADF members and their families cope with stress, build resilience and bounce back. http://www.at-ease.dva.gov.au/highres/ https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8 https://play.google.com/store/apps/details?id=com.gov.dva					•
Like Father Like Son <i>'Practitioner Training'</i> Online forum for fathers and male caregivers to talk about parenting and child behaviour with peers. https://www.likefatherlikeson.com.au		•		•	•
Mental Health Foundations for Carers An online eight-module course from Carers Australia, providing mental health foundations for carers new to their role. http://www.foundationsforcarers.org.au/interactive/main.htm					•
MoodGYM A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety. http://www.moodgym.anu.edu.au/welcome		•		•	•
myCompass An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. http://www.mycompass.org.au/		•			•

ONLINE PROGRAMS (SELF DIRECTED)	R	CT	HP	F
<p>OCD? Not Me! Online program including information, practical skills and support for young people (12-18yrs) with OCD. http://www.ocdnotme.com.au/</p>	•			•
<p>OnTrack <i>'Alcohol'; 'Depression'; 'Alcohol and Depression'; 'Diabetes'; 'Families and Friends'; 'Flood and Storm Recovery'; 'Get Real'</i> Self-guided online interactive program for a range of different issues. http://www.ontrack.org.au/web/ontrack http://www.ontrack.org.au/diabetes/</p>	•		•	•
<p>Operation Life Online A website and app to assist the veteran community learn about suicide prevention and help those at risk. The app (intended to support clinical care) provides access to support services and self-help tools. http://www.at-ease.dva.gov.au/suicideprevention/ https://itunes.apple.com/au/app/id1030670665 https://play.google.com/store/apps/details?id=operationlife.dva.com.operationlife&hl=en</p>				•
<p>Parenting Strategies: Preventing Adolescent Alcohol Misuse An online program providing strategies to help parents protect their children from alcohol problems. http://www.parentingstrategies.net/alcohol/</p>	•			•
<p>Quit Now Calculator The Quit Now Calculator allows the user to select a savings goal and calculates the amount currently spent on smoking, and the time it would take to reach the savings goal if they were to stop smoking. http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/online-calculator</p>				•
<p>QuitCoach An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy. http://www.quitcoach.org.au/</p>	•			•

E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS (SELF DIRECTED)	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
ReachOut Online information, tools, forums and apps aiming to help youth (under 25) cope with tough times, improve well-being and increase social engagement. http://www.au.reachout.com/					•
ReachOut NextStep An online tool designed to make help seeking easier for 18-25 year olds, by recommending relevant support options based on their symptoms. http://www.au.reachout.com/reachout-nextstep#nextstep					•
ReachOut Orb An interactive game for Year 9 and 10 students that uses virtual experience to provide useful skills and strategies to think positively and to learn to bounce back from challenging situations. http://www.au.reachout.com/reachout-orb-game https://itunes.apple.com/au/app/reachout-orb/id964328080?mt=8		•			•
Reduce Your Use Six-week online support program for cannabis use. http://www.reduceyouruse.org.au/sign-up/		•			•
The Ripple Effect An online intervention designed to investigate what works to reduce the self-stigma and perceived-stigma among males from the farming community. http://www.therippleeffect.com.au/		•			•
Say When A website providing information and brief intervention for alcohol. Registration mandatory only for personal Drinking Profile - all other tools do not require registration. http://mapi.betterhealth.vic.gov.au/saywhen		◉			•

ONLINE PROGRAMS (SELF DIRECTED)	R	CT	HP	F
<p>So You've Been in An Accident Website providing information and intervention for children aged 7-16 who have been in an accident. http://www.conrod.org.au/kidsaccident/</p>				•
<p>The Right Mix Self-help tools, strategies and motivational goals to help serving and ex-serving ADF members achieve a healthy balance between alcohol use, diet and exercise. The companion app helps track drinking and spending. http://www.therightmix.gov.au/ https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8 https://play.google.com/store/apps/details?id=au.gov.dva.ontrack *DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.</p>				•
<p>This Way Up <i>'Take-a-Test'</i> Online anxiety & depression test to help choose a course and measure progress. https://thiswayup.org.au/take-a-test/</p>				•
<p>Triple P Online Online parenting courses for parents of children aged 0-12 or 10-16, providing tools, strategies and tips for managing behaviour and creating a happier family life. Both courses are currently free for parents in QLD. http://www.triplep-parenting.net.au/qld-uken/get-help/which-triple-p-is-right-for-me/triple-p-online-your-personal-parenting-program-247/</p>	•			○
<p>What Were We Thinking An interactive online program and app for first-time parents. http://www.whatwerewethinking.org.au/ https://itunes.apple.com/au/app/what-were-we-thinking/id925235935?mt=8</p>			•	•

E-Mental Health Resources by Delivery Mode

ONLINE PROGRAMS (THERAPIST/COACH ASSISTED)	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Counselling Online Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules are also available. Registration is only mandatory for Self-help modules or to create an optional profile for future counselling sessions. http://www.counsellingonline.org.au/ 1800 888 236		●	●		●
Mental Health Online <i>'Bulimia Online'; 'Depression Online'; 'GAD Online'; 'OCD Stop!'; 'Panic Stop!'; 'PTSD Online'; 'SAD Online'</i> Online programs for a range of issues, with self-guided (free) or therapist support options (small fee). http://www.mentalhealthonline.org.au/		●	●	●	●
MindSpot Clinic <i>'Mood Mechanic Course'; 'OCD Course'; 'PTSD Course'; 'Wellbeing Course'; 'Indigenous Wellbeing Course'; 'Wellbeing Plus Course'</i> Online courses for a range of issues. Includes assessment, feedback and therapist support. http://www.mindspot.org.au/ 1800 61 44 34		●	●		●
This Way Up <i>'Depression'; 'Generalised Anxiety Disorder'; 'Health Anxiety'; 'Mindfulness'; 'Mixed Depression & Anxiety'; 'OCD'; 'Panic'; 'PTSD'; 'Social Phobia'</i> Online and app CBT course for a range of different issues. Self help and clinician-assisted options available. http://www.thiswayup.org.au/how-we-can-help/courses/ Most courses are also available for download on Apple and Android products.		●	●	●	
Smiling Mind Workplace Program A program teaching Mindfulness Meditation to employees in the workforce. https://smilingmind.com.au/our-programs/mindfulness-in-the-workplace/		●	●		

E-Mental Health Resources by Delivery Mode

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p>1800RESPECT Telephone and online crisis and trauma counselling service to assist people experiencing the effects of sexual assault, domestic or family violence. http://www.1800respect.org.au/ 1800 737 732 (Phone and online: 24 hours)</p>		•		•
<p>Alzheimer's Australia Dementia Support Online and videoconference counselling, an online forum, and information about dementia. http://www.helpwithdementia.org.au/</p>	•	•		•
<p>Beyond Blue Support Service Telephone, online and email counselling for people going through a tough time. http://www.beyondblue.org.au/get-support/get-immediate-support 1300 22 4636 (Phone: 24 hours) (Online counselling: 3pm-12am/7 days AEST)</p>		•		•
<p>Blue Knot Foundation Telephone and email counselling, information, referral service and resources with online fact sheets and downloadable videos. http://www.blueknot.org.au/ 1300 657 380 helpline@blueknot.org.au (Phone and email: 9-5 Monday to Sunday AEST)</p>		•		•
<p>The Butterfly Foundation Telephone and web-based counselling, information and support for people affected by eating disorders. http://www.thebutterflyfoundation.org.au/national-edhope-line/ 1800 33 4673 support@thebutterflyfoundation.org.au (Phone and online: 8am—9pm/Mon-Fri AEST)</p>		•		•
<p>CanTeen Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer. http://www.canteen.org.au/ 1800 835 932 support@canteen.org.au</p>	•	•		•

E-Mental Health Resources by Delivery Mode

TELEPHONE & ONLINE COUNSELLING	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
<p>Cancer Counselling Service (Cancer Council QLD) Telephone counselling for anyone in Queensland diagnosed with or affected by cancer (e.g. family, friends). http://www.cancerqld.org.au/page/need_support/cancer_counselling_service 07 3634 5248</p>			•		•
<p>Counselling Online Telephone and online counselling for alcohol and other drug users and their families and friends. Self-help modules are also available. Registration is only mandatory for Self-help modules or to create an optional profile for future counselling sessions. http://www.counsellingonline.org.au/ 1800 888 236</p>		◉	•		•
<p>eheadspace Internet chat, email or phone support for young people (12-25 years) with a range of issues, and for their families and other adult supports (Registration only mandatory for online chat). http://www.eheadspace.org.au/ 1800 650 890 (Phone and online: 9am—1am/7 days AEST)</p>		◉	•		•
<p>Gambling Help Online Telephone, online and email counselling, support and information for identifying and dealing with problem gambling. http://www.gamblinghelponline.org.au/ 1800 858 858 (Phone and online: 24/7)</p>			•		•
<p>Kids Helpline Phone and real time web-based crisis support for youth (5-25 years). http://www.kidshelp.com.au/ 1800 55 1800 (Phone: 24 hours) (Online crisis support: Varies by State)</p>			•		•
<p>Lifeline Crisis Support Phone and real time online crisis support. http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat 13 11 14 (Phone: 24 hours) (Online crisis chat: 7pm-4am/7 days AEST)</p>			•		•

TELEPHONE & ONLINE COUNSELLING	R	CT	HP	F
<p>Mensline Forums, information, referral service and telephone, online and video counselling for men. http://www.mensline.org.au/ 1300 78 99 78 (Phone and online: 24 hours)</p>		●		●
<p>NewAccess Assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures. http://www.beyondblue.org.au/get-support/newaccess</p>	●	●		●
<p>OCD & Anxiety Helpline A telephone helpline providing support, information and referral to people with anxiety disorders and their carers. http://www.arcvic.org.au/our-services/helpline 1300 269 438 OR (03) 9830 0533 (10am-4pm AEST Mon-Fri)</p>		●		●
<p>PANDA Perinatal depression phone counselling and referral service with online facts sheets. http://www.panda.org.au/ 1300 726 306 (Phone: 10am-5pm AEST Mon-Fri)</p>		●		●
<p>Parent Line Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories. QLD & NT: http://www.parentline.com.au/ 1300 30 1300 (Phone: 8am—10pm/7 days AEST) (Online counselling: 11am—2pm/Tues & Thurs AEST) NSW: http://www.parentline.org.au/ 1300 1300 52 (Mon-Fri 9am-9pm, Sat-Sun 4pm-9pm) (Online counselling Mon-Tues 10am-12pm during school terms) VIC: http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx 13 22 89 (8am-12am/7 days) SA: http://www.parenting.sa.gov.au 1300 364 100 (24/7) WA: (08) 6279 1200 or 1800 654 432 (24/7) ACT: http://www.parentlineact.org.au (02) 6287 3833 (9am-5pm Mon-Fri) TAS: 1300 808 178 (24/7)</p>		●		●

E-Mental Health Resources by Delivery Mode

TELEPHONE & ONLINE COUNSELLING	R: Requires registration with name/email CT: Counsellor/Coach/Therapist assistance HP: Separate Health Practitioner access available F: Free to access/no cost	R	CT	HP	F
Pregnancy, Birth and Baby Phone counselling for women, their partners, friends and relatives about pregnancy, childbirth and their baby's first year. http://www.pregnancybirthbaby.org.au/ 1800 882 436 (24 hours)			●		●
QuitLine Telephone coaching for those wishing to quit smoking. Also includes a call-back service where users can book a time for Quit to call them (up to six call-backs offered). http://www.quit.org.au/ 13 7848			●		●
QLife Phone and online counselling and referrals for people of diverse sex, genders and sexualities. http://www qlife.org.au/ 1800 184 527 (Phone and online: 5:30pm-10:30pm/7 days AEST)			●		●
Samaritans Crisis Line Anonymous, non-judgemental, non-religious emotional support and counselling over the phone. http://www.thesamaritans.org.au/ 13 52 47 (24 hours)			●		●
Suicide Call Back Service Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling. http://www.suicidecallbackservice.org.au/ 1300 659 467 (Phone and online: 24 hours)		○	●		●
Veterans & Veterans Families Counselling Service Free and confidential crisis counselling telephone service for members of the veteran and ex-service community. http://www.vvcs.gov.au/ 1800 011 046 (Phone: 24 hours)			●		●

PRACTITIONER TRAINING

R CT HP F

Like Father Like Son

'Practitioner Training'

Online forum for fathers and male caregivers to talk about parenting and child behaviour with peers.

<https://www.likefatherlikeson.com.au>

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DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government-funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

