

## Crisis Support - Phone and online counselling



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



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



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



**1800RESPECT** 1800 737 732  
24/7 phone & online counselling for people seeking for domestic violence situations.



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



**QLife** 1800 184 527  
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



**GriefLine** 1300 845 745  
Phone and online counselling for individuals and families experiencing loss and grief.

## Apps



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



**Snapshot**  
A free app for Australian adults to check and monitor their mental health and wellbeing status.



**MindGauge**  
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



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



**ReachOut Breathe App**  
A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



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

## Aboriginal and Torres Strait Islanders



**MindSpot - 'Indigenous Wellbeing'**  
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



**iBobbly**  
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

## Older Adults



**MindSpot - 'Wellbeing Plus'**  
An online program for stress, worry, anxiety and depression in adults aged 60 and above.



**Be Connected - e-Safety Commissioner**  
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

## Self-Guided Programs



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



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



**THIS WAY UP**  
A range of self-paced online CBT courses (free during COVID-19 crisis). Helping you learn practical skills to improve how you feel. Can be self-help or guided by your own clinician.



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



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



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

## Moderated Forums



**Beyond Blue Online Forums**  
Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



**Sane Australia**  
Moderated forums providing peer-to-peer support.

## Young People



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



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



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



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



**The Check-in**  
An app to help young people take the fear out of having a conversation with a friend who might be struggling.



**The BRAVE Program**  
Prevention, intervention, and treatment of anxiety in young people.



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