



## E-MENTAL HEALTH RESOURCES FOR PRIMARY HEALTH CARE

Provided by the eMHPac Support Service

### How can e-mental health resources help your service?

Australia is a world leader in online mental health services and resources. These services are available to all Australians and at no or minimal cost to the users.

Take a little time to explore what is available so that you can:

- > guide service users and colleagues towards high quality information, support and self-help as appropriate. Most online services offer promotional material for use in your practice and many have sections for professionals
- > bring these resources into the work you do such as therapy or mental health support. Online resources can extend and enhance the work done in sessions or be used alongside other forms of therapy.

If you'd like to learn more about the services available and how to use them, please contact The Australian National University's eMHPac team. We work with allied health service providers and primary care nurses around Australia. We provide workshops and are developing online courses, discussion groups and webinars for service providers interested in e-mental health. These activities are usually free.

W [nimhr.anu.edu.au/research/projects/emhprac](http://nimhr.anu.edu.au/research/projects/emhprac)

E [emhprac@anu.edu.au](mailto:emhprac@anu.edu.au)

For more information about online resources and the eMHPac project please see [www.emhprac.org.au](http://www.emhprac.org.au)

# Where to go for e-Mental Health Resources

## Find online resources

**Mindhealthconnect** information and links to a wide range of online services in Australia. Users can search via topics of interest or through the site's guided search function.  
[mindhealthconnect.org.au](http://mindhealthconnect.org.au)

**Beacon** a guide to e-mental health resources for mental and physical disorders. Reviews evidence for online treatment programs, apps and support groups.  
[beacon.anu.edu.au](http://beacon.anu.edu.au)

**Mental Health in Multicultural Australia** information and links to mental health services for people from culturally and linguistically diverse backgrounds and support for professionals.  
[mhima.org.au](http://mhima.org.au)



**MoodGYM** teaches skills from CBT to help prevent and manage symptoms of depression.  
[moodgym.anu.edu.au](http://moodgym.anu.edu.au)

**myCompass** resilience and wellbeing for people with stress, anxiety or depression. Includes internet and mobile phone-based mood tracking, motivational messages and self-help modules.  
[mycompass.org.au](http://mycompass.org.au)

**OCD? Not Me!** program is for people aged 12-18 years with OCD. It has eight stages and provides information, tips, activities as well as support for parents and caregivers.  
[ocdnotme.com.au](http://ocdnotme.com.au)

**OnTrack** programs for alcohol, depression, alcohol/depression together, unusual experiences/early psychosis, flood and storm recovery, diabetes and a program for carers.  
[ontrack.org.au](http://ontrack.org.au)

**Stay Strong** a mental health and substance misuse intervention in an iPad app (available on iTunes). The app guides users and therapists through a structured, evidence-based intervention that is culturally appropriate for Indigenous clients.  
[menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App](http://menzies.edu.au/page/Resources/Stay_Strong_iPad_App)



## Find online crisis support and/or counselling

**KidsHelpline** online 'chat', email or phone (24/7) counselling for young people 5-25 years.  
[kidshelp.com.au](http://kidshelp.com.au)

**Suicide Call Back Service** crisis counselling online (video or web 'chat') or phone 24/7, plus telephone counselling callbacks for people affected by suicide.  
[suicidecallbackservice.org.au/register](http://suicidecallbackservice.org.au/register)

**Lifeline** online 'chat' (or phone 24/7) counselling provides short-term crisis support for people having difficulty coping or staying safe.  
[lifeline.org.au/Get-Help/Online-Services/crisis-chat](http://lifeline.org.au/Get-Help/Online-Services/crisis-chat)

**eheadspace** online 'chat', email (or phone) contact with a qualified youth mental health professional for young people 12-25 years and parents and carers worried about a young person.  
[eheadspace.org.au](http://eheadspace.org.au)

**MensLine** online (text), video or phone counselling 24/7. Includes peer support forums and interactive PDF worksheets.  
[mensline.org.au](http://mensline.org.au)

**QLife** online 'chat' (or phone) counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.  
[qlife.org.au](http://qlife.org.au)



## Find information and peer support

**BITE BACK** promotes wellbeing and resilience in young people (12-18 years).  
[biteback.org.au](http://biteback.org.au)

**BluePages** information about depression and its treatment. It includes reviews of scientific evidence for medical, psychological and lifestyle interventions and resources/services that can help.  
[bluepages.anu.edu.au](http://bluepages.anu.edu.au)

**BlueBoard** peer support forums for service users and carers over 18 years. Aims to reduce stigma, provide support and hope. Moderated with strict protocols to enhance safety and privacy.  
[blueboard.anu.edu.au](http://blueboard.anu.edu.au)

**ReachOut** for people under the age of 25 years. Includes peer support forums, apps, tips and information about coping with tough times.  
[au.reachout.com](http://au.reachout.com)



## Find symptom-focused courses and programs

### 1. SELF HELP PROGRAMS

**The BRAVE program** prevention, early intervention and treatment of anxiety in young people. It has child (8-12 years), teen (12-17 years), and parent components.  
[brave4you.psy.uq.edu.au](http://brave4you.psy.uq.edu.au)

**Centre for Clinical Interventions** free workbooks for mental health concerns including depression, anxiety, body dysmorphia, disordered eating, bipolar disorder and distress intolerance.  
[cci.health.wa.gov.au/resources/consumers.cfm](http://cci.health.wa.gov.au/resources/consumers.cfm)

**e-couch** evidence-based information and self-help strategies drawn from CBT and IPT with modules for depression, anxiety, relationship breakdown, loss and grief.  
[ecouch.anu.edu.au](http://ecouch.anu.edu.au)



## 2. PROGRAMS OFFERING IN-HOUSE THERAPIST SUPPORT/GUIDANCE

**eCentreClinic** tests courses for adults and older adults—including anxiety, OCD, PTSD, stress, depression, chronic pain and epilepsy. Self-guided and therapist-supported courses.  
[ecentreclinic.org](http://ecentreclinic.org)

**Mental Health Online** information, automated assessment and treatment programs (anxiety, panic, OCD, PTSD). Courses available as self-help for free or with therapist support for a small fee.  
[mentalhealthonline.org.au](http://mentalhealthonline.org.au)

**The MindSpot Clinic** the Australian Government's free clinic provides assessment, referral and therapist-supported courses. Courses include Wellbeing (18+, 60+, Indigenous), OCD and PTSD. Self-referral or email/online clinician referral.  
[mindspot.org.au](http://mindspot.org.au)

**THIS WAY UP™** therapist-assisted courses for depression and anxiety (GAD, mixed depression/anxiety, panic, social phobia, OCD). Requires clinician referral and small fee. Also has free self-help courses for depression, anxiety and stress.  
[thiswayup.org.au](http://thiswayup.org.au)



## Find sites for specific areas

**Adults Surviving Child Abuse** information, phone support and referral service for people seeking help for complex trauma from childhood.  
[asca.org.au](http://asca.org.au)

**Butterfly Foundation** information and referrals for people concerned about eating disorders plus phone and email support.  
[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)

**CanTeen** online 'chat' or email (or phone) counselling and forums for people aged 12-24 years living with the impact of cancer.  
[canteen.org.au](http://canteen.org.au)

**Counselling Online** text-based (or phone) counselling 24/7 for people concerned about their own or another person's drug or alcohol use.  
[counsellingonline.org.au](http://counsellingonline.org.au)

**Gambling help online** text and email (or phone) counselling for people concerned about their own or another person's gambling.  
[gamblinghelponline.org.au](http://gamblinghelponline.org.au)

**What Were We Thinking?** information, support and app (available on iTunes) for first-time parents and resources for professionals.  
[whatwerewethinking.org.au](http://whatwerewethinking.org.au)

**1800RESPECT** National Sexual Assault, Domestic and Family Violence Counselling Service. Information, phone and online counselling 24/7 for people seeking help for themselves or someone else. Also for professionals wanting support for referrals or vicarious trauma.  
[1800respect.org.au](http://1800respect.org.au)

