



Examples of E-mental Health Resources

Portal/Directory Sites

[Mentalhealthconnect](#) is the Australian Government's e-mental health portal website. It provides 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 using quizzes about symptoms and life circumstances.

[Beacon](#) is a guide to e-mental health resources for mental and physical disorders. It provides reviews and evidence ratings for online treatment programs, apps and support groups. It also provides links to the various websites and information about how they may be accessed.

Information/Referral/Psycho-education/Peer support

[Bite Back](#) (Black Dog) targets young people (11-25 years) and aims to promote wellbeing and resilience through psycho-education, positive psychology and relation approaches.

[BluePages](#) provides information about depression and its treatment. It includes reviews of the available scientific evidence for a wide range of treatments, information about the experience and symptoms of depression and resources/services that can help.

[BlueBoard](#) is an online support group for people aged 18 years or over who are affected by depression, bipolar disorder, anxiety, eating disorders, borderline personality and related disorders. It aims to reduce stigma, and to provide support, hope and space to share successful coping strategies. BlueBoard is moderated with strict protocols to enhance safety and privacy.

[Butterfly Foundation](#) information and referrals for eating disorders.

[ReachOut.com](#) targets individuals under the age of 25. It includes peer support forums, tips and information for coping with tough times and improving wellbeing, volunteering and social engagement.

[YouthBeyondBlue](#) targets young people aged between 12-25 and provides psycho-education and links to beyondblue's services including phone support and medical and allied health services locator.

Online Counselling and/or Crisis Support

[Counselling Online](#) 24/7 text-based counselling for drug and alcohol concerns-for people concerned about their own or other people's substance use.

[ehespace](#) is a confidential, free and secure space for young people 12-25 and their families. Provides chat, email or phone contact with a qualified youth mental health professional. ehespace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about a young person.

[Gambling online](#) 24/7 text and email counselling for people concerned about their own or another person's gambling.



[KidsHelpline online counselling](#) is a web-based counselling service for people aged between 5-25 years and lets you connect one-on-one, real time, with a Kids Helpline counsellor, over the web.

[Lifeline online counselling](#) is a short-term support for people who are overwhelmed and having difficulty coping or staying safe. It occurs in real time using 'chat' technology and is a confidential one-to-one with a lifeline worker. Currently available 8pm – 4am (AEST) 7 days.

[Suicide Call Back Service](#) offers text-based online counselling with a professional counsellor. The service is available for people affected by suicides, including people who are feeling suicidal, people who are worried someone they know may be suicidal, and people who have lost someone to suicide.

Treatment / Symptom Focused Courses and Tools

1) Self Help

[e-couch](#) offers modules for depression, generalized anxiety and worry, social anxiety, relationship breakdown, and loss and grief. It provides evidence-based information and teaches strategies drawn from CBT, interpersonal therapies, relaxation and physical activity. People can access information without registration or register for the full program.

[MoodGYM](#) teaches skills drawn from CBT to help prevent and manage the symptoms of depression. It was originally designed for young people but is used by people of all ages. The program provides 5 modules which each take about 30 minutes to complete.

[myCompass](#) promotes resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression. Provides internet and mobile-based mood tracking, journals, information, motivational messages and self-help modules.

[On Track](#) offers programs for concerns about mental and physical health including concerns about alcohol, alcohol and depression, unusual experience/early psychosis, flood and storm recovery, and diabetes. Also provides a program for carers.

2) Programs offering in-house therapist support / guidance

[BRAVE Program](#) helps children overcome anxiety by teaching strategies for managing anxiety-provoking situations. The program has youth and parent components and is therapist-assisted. Families receive emails each session and a phone call during the course.

[eCentreClinic](#) develops and tests treatment courses for people with symptoms of worry, anxiety (including OCD and PTSD), stress, depression, low mood, chronic pain and epilepsy. Includes courses for adults and older adults. Courses are usually about 5-6 lessons. Some programs are self-guided and some have therapist support.

[Mental Health Online](#) (formerly Anxiety Online) provides information, assessment through the e-PASS program, publicly available treatment programs (GAD, Social Anxiety, Panic Disorder, OCD, PTSD) and opportunities to participate in new programs through research trials. Treatment programs can be accessed as self-help for free or with therapist support for a small fee (\$120 for 12 weeks).



[The MindSpot Clinic](#) is the Australian Government's free virtual clinic that provides online assessment with therapist feedback, referral and therapist supported online courses. Courses run over 10 weeks and currently include courses that target wellbeing, OCD and PTSD. Users can self refer or clinicians can refer online or via email. Reports can be sent to therapist if user provides permission.

[OCD? Not Me!](#) Is for young people aged 12-18 years with Obsessive Compulsive Disorder. It involves 8 stages and provides information, tips, activities, and support to help them to overcome the symptoms of OCD. The program also provides support for parents and caregivers.

[THIS WAY UP](#) (Crufad) provides 5 guided courses to manage anxiety and depression, take under the supervision of a clinician. Access restricted to people with a prescription code from their clinician. Also provides self-help, professional education and schools courses.

Apps currently under development/ research trial

[ibobbly](#) (Black Dog Institute) draws on stories from Aboriginal performers and psychological therapist proven to reduce suicidal thoughts. The app delivers treatment-based therapy in a culturally relevant way. [ibobbly](#) draws heavily on indigenous metaphors, images and stories drawn from local Aboriginal artists and performers.

The AIMhi [Stay Strong iPad App](#) is a structured mental health and substance misuse intervention app using Indigenous specific content and imagery in a computerized iPad app format. The app will assist therapist to deliver structured, evidence based, and culturally appreciate intervention to Indigenous clients.

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