

# Managing Your Mental Health Online During the Holidays

## Phone and Online Counselling



**Lifeline** 13 11 14  
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 help for domestic violence situations.



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



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



**Open Arms** 1800 011 046  
Phone and online counselling for veterans and their families.



**FriendLine** 1800 424 287  
A national support line "ready for a cuppa and a conversation" with trained volunteers.



**PANDA** 1300 726 306  
Telephone, counselling, and referral service for anyone not coping through pregnancy or after childbirth.



**SANE Australia** 1800 18 7263  
One-off phone and online support and moderated forums for people with complex mental health needs and their carers.

## Young People



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



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



**eheadspace**  
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 everyday issues or tough times.



**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.

## Programs



**MindSpot**  
Clinician supported online programs for stress, anxiety, depression, PTSD, and chronic pain in adults and teens.



**THIS WAY UP**  
A range of self-paced or own clinician guided online CBT courses including stress, insomnia, OCD, PTSD, depression, and chronic pain.



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



**MyCompass**  
A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress.



**MoodGYM**  
A free, interactive program based on CBT and Interpersonal Therapy to help manage symptoms of depression and anxiety.



**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 for a range of mental health issues.



**Mumspace**  
Information and programs to help new parents feel confident in dealing with emotional challenges of pregnancy and parenting.

## Apps



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



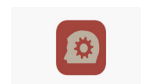
**Daybreak**  
A website and app which supports individuals to cut back or take a break from using alcohol.



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



**BeyondNow**  
An app and online tool that guides users in creating a safety plan with their mental health professional to assist them when experiencing suicidal thoughts.



**HeadGear**  
An easy-to-use smartphone app guiding users through a 30-day mental fitness challenge.

## Aboriginal and Torres Strait Islanders



**WellMob**  
Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



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