

# emHPrac

E-MENTAL HEALTH IN PRACTICE

## A Resource Guide for Practitioners



May 2015



[www.emhprac.org.au](http://www.emhprac.org.au)

This e-Mental Health resource guide for practitioners has been developed as part of the eMHPrac e-Mental Health in Practice Project undertaken by:

- ◆ Queensland University of Technology
- ◆ Black Dog Institute
- ◆ National Institute for Mental Health Research, Australian National University
- ◆ Menzies School of Health Research
- ◆ University Centre for Rural Health (North Coast, The University of Sydney)

**eMHPrac is funded by the Australian Government**

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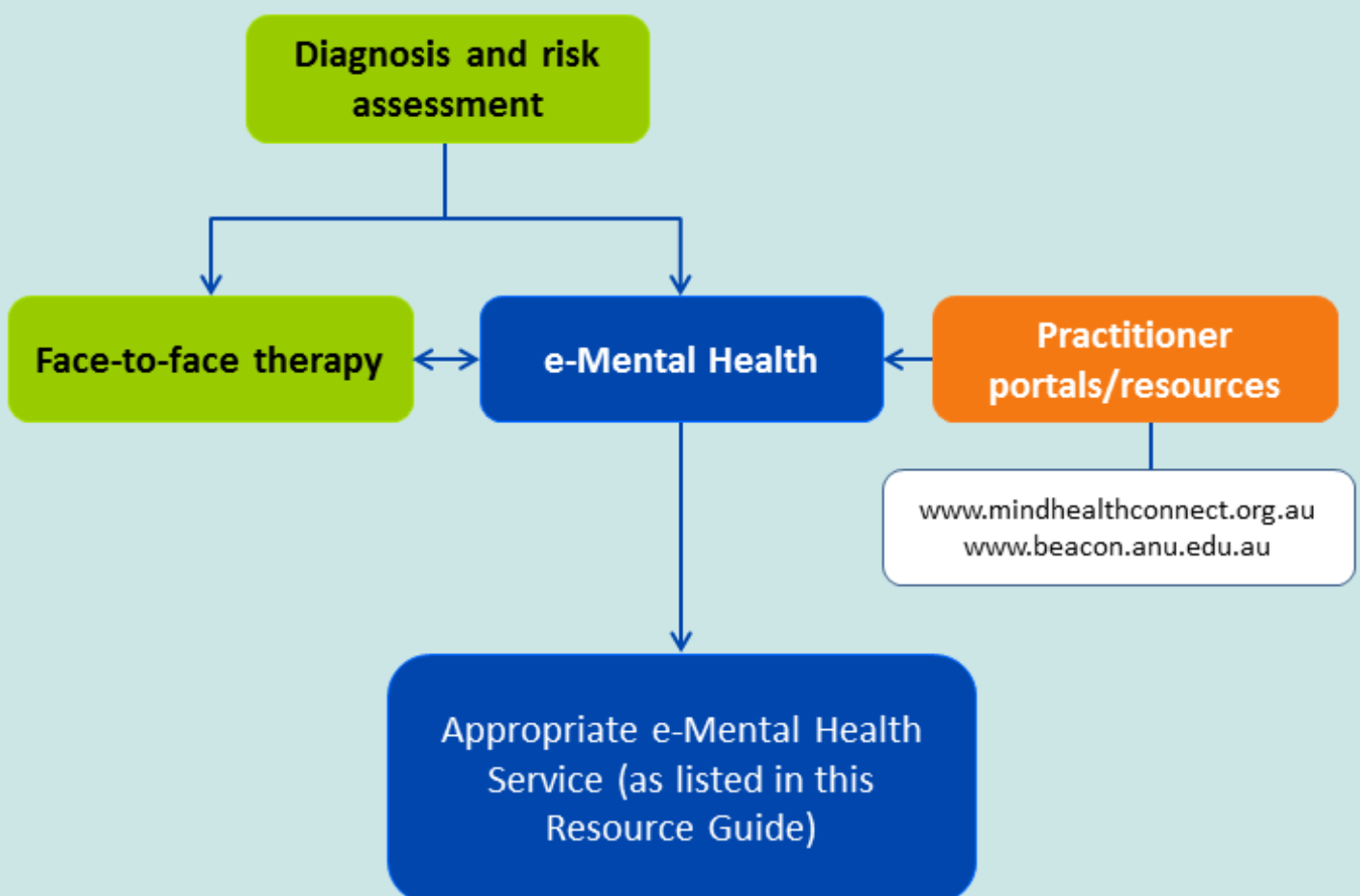
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## e-Mental Health Health Practitioner Guide

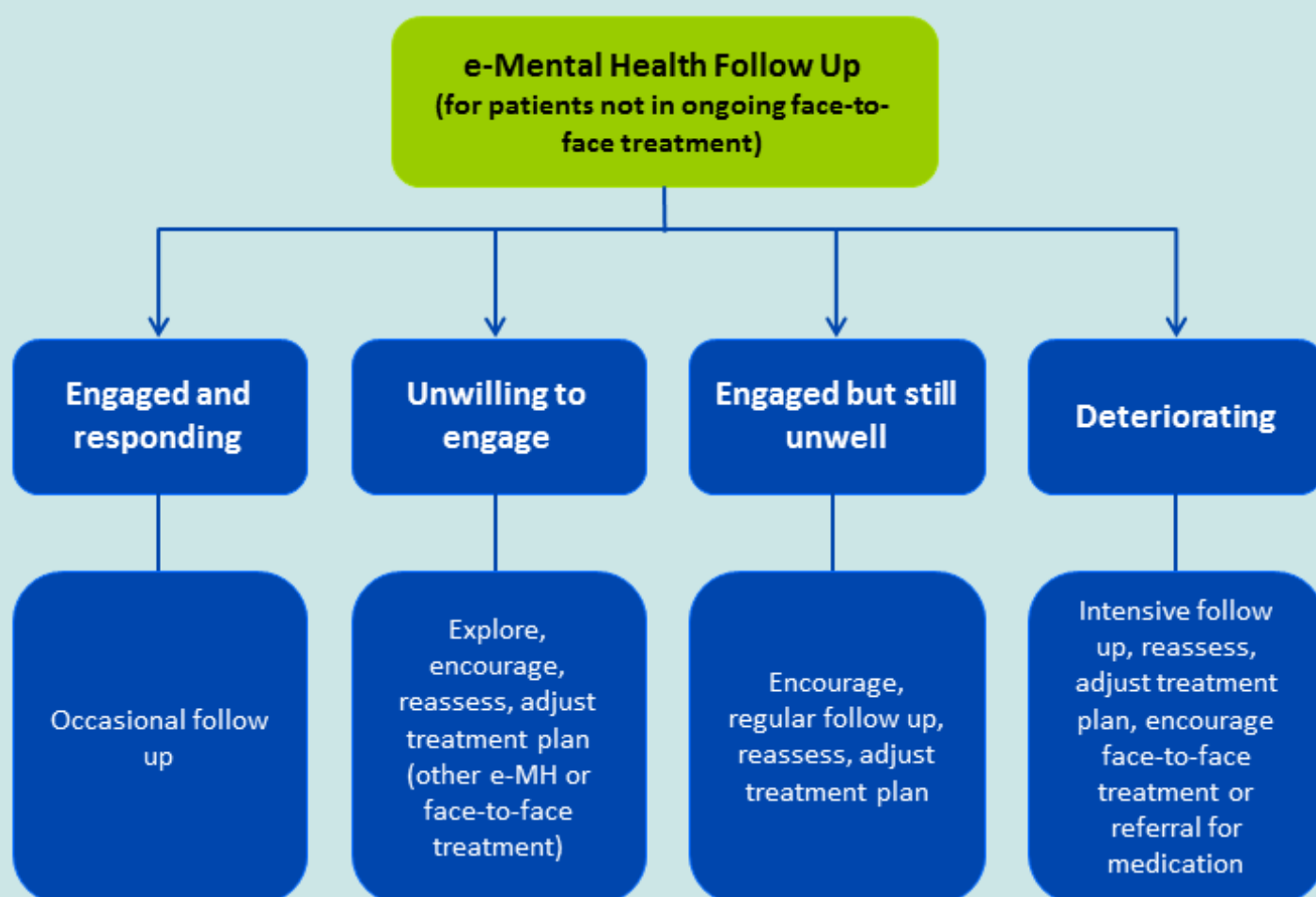
Australian-developed evidence based e-Mental Health programs provide an additional layer of easily accessible psychological support for patients with a variety of mental health problems.



## e-Mental Health Health Practitioner Guide

e-Mental Health programs are designed to complement rather than replace 'usual care'.

When integrating e-Mental Health programs into practice, it is important to be familiar with the content of the programs you recommend in order to effectively guide patients through their use.



It is worth remembering that all e-Mental Health programs benefit from a level of practitioner involvement in terms of both compliance and results.

# eMHPrac

## E-MENTAL HEALTH IN PRACTICE

The eMHPrac e-Mental Health in Practice Project is funded by the Australian Government and aims to raise health practitioner awareness and knowledge of e-Mental Health and to provide training and support in its use .

eMHPrac provides free e-Mental Health training and support for health practitioners – GPs, Allied Health Professionals and service providers working with Aboriginal and Torres Strait Islander people.

### **E-Mental Health**

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.

E-Mental Health services and programs allow Australians to access mental health information and support at any time and from any place.

Practitioners can use e-Mental Health programs and services to support and aid their delivery of mental health and wellbeing services to their clients.

### **The eMHPrac Resource Guide for Practitioners**

The eMHPrac e-Mental Health program and service catalogue provides a useful overview of various Australian online and teleweb programs. [This list is current as of May 2015.](#)

For a more comprehensive list of e-Mental Health resources, please visit:

- ◇ MindHealthConnect: <http://www.mindhealthconnect.org.au/>
- ◇ Beacon: <https://beacon.anu.edu.au/users/login>
- ◇ E-Hub: <http://www.ehub.anu.edu.au/welcome.php>

This programs and services listed in this directory have been categorised by diagnostic focus, delivery mode and specialist target group. For easy of use these categories have been colour coded:

**Diagnostic focus = Green**  
**Specialist target group = Teal**  
**Delivery mode = Blue**



### CRISIS SUPPORT

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **KidsHelpline**

Phone and real time web-based counselling for youth (5-25) years).

1800 55 1800

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

#### **Lifeline Crisis Support**

Phone and real time online counselling for people in crisis.

13 11 14

<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

#### **Mensline**

Forums, information, referral service and telephone, online and video counselling for men.

1300 78 99 78

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

#### **PANDA**

Perinatal depression phone counselling and referral service with online facts sheets.

1300 726 306 (10am-5pm AEST Mon-Fri)

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

#### **Suicide Call Back Service**

Phone and online counselling for people at risk of suicide or those bereaved by suicide.

1300 659 467

<https://www.suicidecallbackservice.org.au/>

## E-Mental Health Resources by Diagnosis

### DEPRESSION

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### BlueBoard

An online forum for people experiencing depression, bipolar disorder or anxiety.

<https://blueboard.anu.edu.au/>

*(Can register anonymously; email not required)*

#### Centre for Clinical Interventions—Back from the Bluez

Online information and CBT strategies to cope with depression.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=37](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=37)

#### eCentreClinic—Arabic Wellbeing Course

A course for adults aged 18 and over of Arabic speaking background, providing practical skills for anxiety and depression.

<http://ecentreclinic.org/?q=ArabicWellbeingCourse>

**R; RT**

#### eCentreClinic—Mood Mechanic Course

An online program for stress, worry, anxiety and depression in people aged 18-24.

<http://www.ecentreclinic.org/?q=MoodMechanic>

**R; RT**

#### E-Couch

Interactive modules targeting depression, grief and loss, anxiety, and relationship breakdown. Information can be accessed without registration or register for full program.

<https://ecouch.anu.edu.au/welcome>

**R; HP**

#### eheadspace

Internet chat, email or phone support for young people with a broad range of issues.

1800 650 890

<https://www.eheadspace.org.au/>

**R**

#### Mental Health Online—Depression Online

A 12-week internet-based CBT treatment for depression.

<https://www.mentalhealthonline.org.au/>

**R; HP; RT**

#### MindSpot Clinic—Indigenous Wellbeing Course

A course for Indigenous Australians to help them manage symptoms of stress, anxiety, worry and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### MindSpot Clinic—Wellbeing Course

A course for adults aged 18-64 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

## E-Mental Health Resources by Diagnosis

### DEPRESSION (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **MindSpot Clinic—Wellbeing Plus Course**

A course for adults aged over 60 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### **MoodGYM**

A free self-guided online program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression.

<http://moodgym.anu.edu.au/welcome>

**R; HP**

#### **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/>

**R**

#### **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/resources/for-me/newaccess---a-beyondblue-program>

**R**

#### **OnTrack—Alcohol and Depression**

Online interactive tools for depression and alcohol use.

<https://www.ontrack.org.au/web/ontrack/programs/alcoholanddepression>

**R; HP**

#### **OnTrack—Depression**

Self-guided online modules and interactive tools for depression.

<https://www.ontrack.org.au/web/ontrack/programs/depression>

**R; HP**

#### **PANDA**

Perinatal depression phone counselling and referral service with online facts sheets.

1300 726 306 (10am-5pm AEST Mon-Fri)

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

#### **This Way Up—Depression Course**

Clinician assisted online CBT course for depression.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/depression/>

**R; HP**

#### **This Way Up—Mixed Depression & Anxiety Course**

Clinician assisted online CBT course for depression and anxiety.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/mixed-depression-and-anxiety/>

**R; HP**

#### **This Way Up—Self Help for Worry and Sadness**

A self-paced, online, skill-building course to improve mood.

<https://thiswayup.org.au/self-help/worry-and-sadness/>

**R**

### BIPOLAR AFFECTIVE DISORDER

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **Centre for Clinical Interventions—Keeping Your Balance**

Online program for coping with bipolar disorder.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=38](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=38)

#### **MoodSwings**

Online discussion board and intervention for bipolar disorder in people aged 21-65 years.

<https://www.moodswings.net.au/>

**R; RT**

## E-Mental Health Resources by Diagnosis

### ANXIETY

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### The BRAVE program

Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components.

<https://brave4you.psy.uq.edu.au/>

**R**

#### Centre for Clinical Interventions—Facing Your Feelings

Online modules for managing distressing feelings.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=54](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=54)

#### Centre for Clinical Interventions—Panic Stations

Provides coping skills for panic attacks.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=44](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=44)

#### Centre for Clinical Interventions—Shy No Longer

Online CBT modules for coping with social anxiety.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=40](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=40)

#### Centre for Clinical Interventions—What? Me Worry!?!

Online modules for chronic worry and generalised anxiety.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=46](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=46)

#### eCentreClinic—Arabic Wellbeing Course

A course for adults aged 18 and over of Arabic speaking background, providing practical skills for anxiety and depression.

<http://ecentreclinic.org/?q=ArabicWellbeingCourse>

**R; RT**

#### eCentreClinic—Mood Mechanic Course

An online program for stress, worry, anxiety and depression in people aged 18-24.

<http://www.ecentreclinic.org/?q=MoodMechanic>

**R; RT**

#### 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.

<https://ecouch.anu.edu.au/welcome>

**R; HP**

#### eheadspace

Internet chat, email or phone support for young people with a broad range of issues.

1800 650 890

<https://www.eheadspace.org.au/>

**R**

## E-Mental Health Resources by Diagnosis

### ANXIETY (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### Feardrop

Web-based graded exposure program for specific phobia.

<http://www.feardrop.com/index.php?content=about>

**R; HP**

#### Mental Health Online—GAD Online

Online program for generalised anxiety disorder, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

#### Mental Health Online—Panic Stop!

A self-guided online program for panic disorder, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

#### Mental Health Online—PTSD Online

A web-based program for sufferers of PTSD, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

#### Mental Health Online—SAD Online

A web-based program that assists people with social anxiety disorder, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

#### MindSpot Clinic—OCD Stop!

Online information and practical skills to help people overcome OCD symptoms.

1800 61 44 34

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

**R**

#### MindSpot Clinic—PTSD Course

Online information and practical skills to help people who have experienced a trauma to overcome PTSD symptoms.

1800 61 44 34

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

**R**

#### MindSpot Clinic—Indigenous Wellbeing Course

A course for Indigenous Australians to help them manage symptoms of stress, anxiety, worry and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### MindSpot Clinic—Wellbeing Course

A course for adults aged 18-64 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

## E-Mental Health Resources by Diagnosis

### ANXIETY (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **MindSpot Clinic—Wellbeing Plus Course**

A course for adults aged over 60 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### **MoodGYM—Anxiety**

A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of anxiety.

<http://moodgym.anu.edu.au/welcome>

**R; HP**

#### **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/>

**R**

#### **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/resources/for-me/newaccess---a-beyondblue-program>

**R**

#### **OCD Anxiety Helpline**

A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.

1300 269 438 OR (03) 9830 0533 10am-4pm AEST Mon-Fri)

<https://www.arcvic.org.au/our-services/helpline>

#### **OCD! Not me**

Online program including information, practical skills and support for young people (12-18yrs) with OCD.

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

**R; RT**

#### **PTSD Coach**

An app that helps people understand and manage the symptoms of post-traumatic stress disorder.

Apple:

<https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8>

Android:

<https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist>

#### **So You've Been in An Accident**

Website providing information and intervention for children aged 7-16 who have been in an accident.

<http://kidsaccident.psy.uq.edu.au/index.html>

#### **Talking Anxiety**

An app designed to help people learn more about anxiety disorders and discover techniques that help.

(Apple only):

<http://itunes.apple.com/us/app/talking-anxiety/id542101737?ls=1&mt=8>

### ANXIETY (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

**This Way Up—Generalised Anxiety Disorder Course**

Clinician assisted online CBT course for generalised anxiety disorder.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/gad/>

**R; HP**

**This Way Up—Mixed Depression & Anxiety Course**

Clinician assisted online CBT course for depression and anxiety.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/mixed-depression-and-anxiety/>

**R; HP**

**This Way Up—Obsessive Compulsive Disorder Course**

Clinician assisted online CBT course to help manage OCD.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/obsessive-compulsive-disorder/>

**R; HP**

**This Way Up—Panic and Agoraphobia Course**

Clinician assisted online CBT course for panic and agoraphobia.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/panic-and-agoraphobia/>

**R; HP**

**This Way Up—Social Phobia Course**

Clinician assisted online CBT course for social phobia.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/social-phobia/>

**R; HP**

**This Way Up—Self Help for Shyness Course**

A self-guided online course for social phobia.

<https://thiswayup.org.au/self-help/shyness/>

**R**

**This Way Up—Self Help for Stress Management**

A self-guided online course to help manage stress and anxiety.

<https://thiswayup.org.au/self-help/stress-management/>

**R**



## E-Mental Health Resources by Diagnosis

### STRESS/WELLBEING

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **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.

(Apple only):

<https://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8>

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

#### **ASCA (Adults Surviving Child Abuse)**

Telephone and email counselling, information and resources for people who have experienced childhood trauma and abuse.

1300 657 380

(9-5 Monday to Sunday EST)

Email: [counsellors@asca.org.au](mailto:counsellors@asca.org.au)

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

#### **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/>

#### **Centre for Clinical Interventions—Facing Your Feelings**

Online modules for managing distressing feelings.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=54](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=54)

#### **The Desk**

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.

<https://www.thedesk.org.au/>

**R**

#### **eCentreClinic—Arabic Wellbeing Course**

A course for adults aged 18 and over of Arabic speaking background, providing practical skills for anxiety and depression.

<http://ecentreclinic.org/?q=ArabicWellbeingCourse>

**R; RT**

#### **eCentreClinic—Mood Mechanic Course**

An online program for stress, worry, anxiety and depression in people aged 18-24.

<http://www.ecentreclinic.org/?q=MoodMechanic>

**R; RT**

#### **eheadspace**

Internet chat, email or phone support for young people with a broad range of issues.

1800 650 890

<https://www.eheadspace.org.au/>

**R**

#### **High Res**

An app to help serving & ex-serving ADF personnel manage immediate responses to stress and build resilience using a range of Cognitive Behavioural Therapy tools.

Apple:

<https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.ov.dva>

## E-Mental Health Resources by Diagnosis

### STRESS/WELLBEING (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **MindSpot Clinic—Indigenous Wellbeing Course**

A course for Indigenous Australians to help them manage symptoms of stress, anxiety, worry and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### **MindSpot Clinic—Wellbeing Course**

A course for adults aged 18-64 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### **MindSpot Clinic—Wellbeing Plus Course**

A course for adults aged over 60 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

#### **myCompass**

An internet and mobile phone service promoting resilience to stress, anxiety and/or depression.

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

**R**

#### **OnTrack—Families and Friends**

Online tools and information for people supporting someone with a mental illness.

<https://www.ontrack.org.au/web/ontrack/programs/familiesandfriends>

**R; HP**

#### **OnTrack—Flood and Storm Recovery**

Online tools to help people recover following extreme weather conditions.

<https://www.ontrack.org.au/web/ontrack/programs/floodandstormrecovery>

**R; HP**

#### **OnTrack—Get Real**

Online tools for people with quasi-psychotic experiences.

<https://www.ontrack.org.au/web/ontrack/programs/get-real>

**R; HP**

#### **QLife**

Phone and online counselling and referrals for people of diverse sex, genders and sexualities.

1800 184 527

(5:30pm-10:30pm)

<https://www.qlife.org.au/>

#### **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://au.reachout.com/>

## E-Mental Health Resources by Diagnosis

### STRESS/WELLBEING (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### ReachOutCentral

An online game designed to help 16-25 year olds learn and improve skills such as problem solving and resilience.

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

**R**

#### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

(Apple only):

<https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8>

#### Smiling Mind

An app and website teaching Mindfulness Meditation to young people and adults.

Apple:

<https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en>

<http://smilingmind.com.au/>

#### The Sorter

Problem-solving advice for a range of issues.

Apple: <https://itunes.apple.com/au/app/the-sorter/id710387019?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.reachout.bmf>

#### This Way Up—Self Help for Stress Management

A self-guided online course to help manage stress and anxiety.

<https://thiswayup.org.au/self-help/stress-management/>

**R**

#### Wellbeing Toolbox

Online self-care strategies and tools to help veterans maintain their mental health and wellbeing.

<http://www.wellbeingtoolbox.net.au/>

#### WorkOut

An online training program for young people, developed by ReachOut.com, that test and improves mental fitness.

<http://au.reachout.com/workout>

**R**

## E-Mental Health Resources by Diagnosis

### SUBSTANCE USE

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### Clear Your Vision

An interactive online program to help young people change their cannabis use.

<https://clearyourvision.org.au/>

#### Counselling Online

Online and SMS-based counselling for alcohol and other drug users and their families and friends.

1800 888 236

<https://www.counsellingonline.org.au/>

#### OnTrack—Alcohol

Online information, tools and brief intervention to support with alcohol use.

<https://www.ontrack.org.au/web/ontrack/programs/alcohol>

**R; HP; RT**

#### OnTrack—Alcohol and Depression

Internet based program providing tools, information and modules for people suffering depression and using alcohol.

<https://www.ontrack.org.au/web/ontrack/programs/alcoholanddepression>

**R; HP**

#### On Track with The Right Mix

An app to help veterans track their drinking and spending and the impact it has on their wellbeing.

\*DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.

Apple:

<https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8>

Android:

<https://play.google.com/store/apps/details?id=au.gov.dva.ontrack>

#### 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/>

**R**

#### QuitCoach

An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy.

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

#### Reduce Your Use

Six-week online support program for cannabis use.

<https://reduceyouruse.org.au/sign-up/>

**R**

#### SayWhen

A website providing information and brief intervention for alcohol.

<http://www2.betterhealth.vic.gov.au/saywhen>

**R (only for personal Drinking Profile—all other tools on the website do not require registration)**

### EATING DISORDERS

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **The Butterfly Foundation**

Telephone and web-based counselling, information and support for people affected by eating disorders.

1800 33 4673 (Mon–Fri 8am to 9pm AEST)

Email: [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

<http://thebutterflyfoundation.org.au/national-edhope-line/>

#### **Centre for Clinical Interventions—Building Body Acceptance**

Internet-based service to target body dysmorphia.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=55](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=55)

#### **Centre for Clinical Interventions—Overcoming Disordered Eating**

Online information and strategies to alter disordered eating patterns.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=48](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=48)

#### **Eating Disorders Victoria Recovery Forum**

An online messageboard for people (16 and over) with an eating disorder.

<http://www.eatingdisorders.org.au/online-services>

**R**

#### **Mental Health Online—Bulimia Online**

Online program for bulimia, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

## E-Mental Health Resources by Diagnosis

### COPING WITH PHYSICAL HEALTH PROBLEMS

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### CanTeen

Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer.

1800 835 932

Email: [support@canteen.org.au](mailto:support@canteen.org.au)

<https://www.canteen.org.au/>

**R**

#### Diabetes Counselling Online

Online counselling and education for people diagnosed with diabetes.

<http://www.diabetescounselling.com.au/counselling-and-diabetes-education/>

**R**

#### eCentreClinic—Pain Course

Information and skills to manage chronic pain and improve emotional wellbeing.

<http://www.ecentreclinic.org/?q=PainCourse>

**R; RT**

#### eCentreClinic—SCI Pain Course

Information and skills to manage spinal injury pain and improve emotional wellbeing.

<http://www.ecentreclinic.org/?q=SCIPainCourse>

**R; RT**

#### eCentreClinic—Managing Your Wellbeing (Epilepsy)

An online program to teach practical skills for managing emotional wellbeing to sufferers of epilepsy.

<http://ecentreclinic.org/?q=ManagingYourWellbeingCourseEpilepsy>

**R; RT**

#### eCentreClinic—Managing Your Wellbeing (Gastrointestinal Disorders)

An online program to teach practical skills for managing emotional wellbeing to sufferers of gastrointestinal disorders.

<http://ecentreclinic.org/?q=ManagingYourWellbeingCourseGastrointestinal>

**R; RT**

#### Finding My Way

An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.

<https://findingmyway.org.au/>

**R; RT**

#### My Road Ahead

An interactive online program and/or forum (depending on randomisation) to support men after treatment for prostate cancer.

<https://www.myroadahead.org/>

**R; RT**

#### OnTrack—Diabetes

Provides online physical and emotional support in diabetes type 2 sufferers.

<https://www.ontrack.org.au/diabetes/>

**R; HP; RT**

#### So You've Been in An Accident

Website providing information and intervention for children aged 7-16 who have been in an accident.

<http://kidsaccident.psy.uq.edu.au/index.html>

### OTHER MENTAL HEALTH ISSUES

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **ASCA (Adults Surviving Child Abuse)**

Telephone and email counselling, information and resources for people who have experienced childhood trauma and abuse.

1300 657 380  
(9-5 Monday to Sunday EST)  
Email: [counsellors@asca.org.au](mailto:counsellors@asca.org.au)  
<http://www.asca.org.au/>

#### **Centre for Clinical Interventions—Building Body Acceptance**

Internet-based service to target body dysmorphia.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=55](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=55)

#### **OnTrack—Flood and Storm Recovery**

Online tools to help people recover following extreme weather conditions.

<https://www.ontrack.org.au/web/ontrack/programs/floodandstormrecovery>  
**R; HP**

#### **OnTrack—Get Real**

Online tools for people with quasi-psychotic experiences.

<https://www.ontrack.org.au/web/ontrack/programs/get-real>  
**R; HP**

#### **QLife**

Phone and online counselling and referrals for people of diverse sex, genders and sexualities.

1800 184 527  
(5:30pm-10:30pm)  
<https://www.qlife.org.au/>

### INDIGENOUS and OTHER CULTURAL SERVICES

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **eCentreClinic—Arabic Wellbeing Course**

A course for adults aged 18 and over of Arabic speaking background, providing practical skills for anxiety and depression.

<http://ecentreclinic.org/?q=ArabicWellbeingCourse>  
R; RT

#### **iBobbly**

An app to promote wellbeing and suicide prevention in Indigenous people.

<http://nacchocommunique.com/tag/ibobbly/>

#### **MindSpot Clinic—Indigenous Wellbeing Course**

A course for Indigenous Australians to help them manage symptoms of stress, anxiety, worry and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34  
<http://www.mindspot.org.au/>  
R

#### **Stay Strong App**

Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.

(Apple only):  
<https://itunes.apple.com/us/app/aimhi-stay-strong-app/id912289264?ls=1&mt=8>



### LGBTI SERVICES

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

**QLife**

Phone and online counselling and referrals for people of diverse sex, genders and sexualities.

1800 184 527

(5:30pm-10:30pm)

[https://www.qlife.org.au/](https://www qlife.org.au/)

### OLDER ADULTS SERVICES\*

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **MindSpot Clinic—Wellbeing Plus Course**

A course for adults aged over 60 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34

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

**R**

\*N.B. Most of the services listed in this guide are suitable for older adults. This section lists services targeted specifically at older adults.

### PARENTING SERVICES

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **Baby Steps**

An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood.

<https://www.babysteps.org.au/web/index>

**R; RT**

#### **The BRAVE program (parent component)**

Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components.

<https://brave4you.psy.uq.edu.au/>

**R**

#### **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/>

**R**

#### **Triple P Online**

An online parenting course providing tools, strategies and tips for managing behaviour and creating a happier family life.

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

**R**

#### **What Were We Thinking**

An interactive online program for first-time parents.

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

**HP**

### YOUTH SERVICES

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **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.

<https://brave4you.psy.uq.edu.au/>

**R**

#### **CanTeen**

Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer.

1800 835 932

Email: [support@canteen.org.au](mailto:support@canteen.org.au)

<https://www.canteen.org.au/>

**R**

#### **Clear Your Vision**

An interactive online program to help young people change their cannabis use.

<https://clearyourvision.org.au/>

#### **The Desk**

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.

<https://www.thedesk.org.au/>

**R**

#### **eCentreClinic—Mood Mechanic Course**

An online program for stress, worry, anxiety and depression in people aged 18-24.

<http://www.ecentreclinic.org/?q=MoodMechanic>

**R; RT**

#### **eheadspace**

Internet chat, email or phone support for young people with a broad range of issues.

1800 650 890

<https://www.eheadspace.org.au/>

**R**

#### **KidsHelpline**

Phone and real time web-based counselling for youth (5-25) years).

1800 55 1800

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

#### **OCD! Not me**

Online program including information, practical skills and support for young people (12-18yrs) with OCD.

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

**R; RT**

### YOUTH SERVICES (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### 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://au.reachout.com/>

#### ReachOutCentral

An online game designed to help 16-25 year olds learn and improve skills such as problem solving and resilience.

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

**R**

#### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

(Apple only):

<https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8>

#### Smiling Mind

An app and website teaching Mindfulness Meditation to young people and adults.

Apple:

<https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en>

<http://smilingmind.com.au/>

#### So You've Been in An Accident

Website providing information and intervention for children aged 7-16 who have been in an accident.

<http://kidsaccident.psy.uq.edu.au/index.html>

#### The Sorter

Problem-solving advice for a range of issues.

Apple:

<https://itunes.apple.com/au/app/the-sorter/id710387019?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.reachout.bmf>

#### Triple P Online

An online parenting course providing tools, strategies and tips for managing behaviour and creating a happier family life.

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

**R**

#### WorkOut

An online training program for young people, developed by ReachOut.com, that test and improves mental fitness.

<http://au.reachout.com/workout>

**R**

### VETERAN SERVICES

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### High Res

An app to help serving & ex-serving ADF personnel manage immediate responses to stress and build resilience using a range of Cognitive Behavioural Therapy tools.

Apple:

<https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.ov.dva>

#### On Track with The Right Mix

An app to help veterans track their drinking and spending and the impact it has on their wellbeing.

\*DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.

Apple:

<https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8>

Android:

<https://play.google.com/store/apps/details?id=au.gov.dva.ontrack>

#### PTSD Coach

An app that helps people understand and manage the symptoms of post-traumatic stress disorder.

Apple:

<https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8>

Android:

<https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist>

#### Wellbeing Toolbox

Online self-care strategies and tools to help veterans maintain their mental health and wellbeing.

<http://www.wellbeingtoolbox.net.au/>

## E-Mental Health Resources by Delivery Mode

### APPS

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **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.

(Apple only):

<https://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8>

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

#### **High Res**

An app to help serving & ex-serving ADF personnel manage immediate responses to stress and build resilience using a range of Cognitive Behavioural Therapy tools.

Apple:

<https://itunes.apple.com/au/app/high-res/id953366081?ls=1&mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.ov.dva>

#### **iBobbly**

An app to promote wellbeing and suicide prevention in Indigenous people.

<http://nacchocommunique.com/tag/ibobbly/>

#### **On Track with The Right Mix**

An app to help veterans track their drinking and spending and the impact it has on their wellbeing.

\*DISCLAIMER - BAC calculations are estimates only and aren't sufficiently accurate to be considered legal evidence.

Apple:

<https://itunes.apple.com/au/app/on-track-with-the-right-mix/id593421148?mt=8>

Android:

<https://play.google.com/store/apps/details?id=au.gov.dva.ontrack>

#### **PTSD Coach**

An app that helps people understand and manage the symptoms of post-traumatic stress disorder.

Apple:

<https://itunes.apple.com/au/app/ptsd-coach-australia/id596597393?mt=8>

Android:

<https://play.google.com/store/apps/details?id=au.gov.dva.ptsdassist>

#### **Recharge**

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

(Apple only):

<https://itunes.apple.com/au/app/recharge-sleep-well-be-well/id878026126?mt=8>

#### **Smiling Mind**

An app and website teaching Mindfulness Meditation to young people and adults.

Apple:

<https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en>

<http://smilingmind.com.au/>

### APPS

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **The Sorter**

Problem-solving advice for a range of issues.

Apple:

<https://itunes.apple.com/au/app/the-sorter/id710387019?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.r.eachout.bmf>

#### **Stay Strong App**

Therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease or substance misuse problems.

(Apple only):

<https://itunes.apple.com/us/app/aimhi-stay-strong-app/id912289264?ls=1&mt=8>

#### **Talking Anxiety**

An app designed to help people learn more about anxiety disorders and discover techniques that help.

(Apple only):

<http://itunes.apple.com/us/app/talking-anxiety/id542101737?ls=1&mt=8>



## E-Mental Health Resources by Delivery Mode

### ONLINE FORUMS/CHAT ROOMS

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### BlueBoard

An online forum for people experiencing depression, bipolar disorder or anxiety.

<https://blueboard.anu.edu.au/>

*(Can register anonymously; email not required)*

#### CanTeen

Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer.

1800 835 932

Email: [support@canteen.org.au](mailto:support@canteen.org.au)

<https://www.canteen.org.au/>

**R**

#### The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.

<https://www.thedesk.org.au/>

**R**

#### Eating Disorders Victoria Recovery Forum

An online messageboard for people (16 and over) with an eating disorder.

<http://www.eatingdisorders.org.au/online-services>

**R**

#### Mensline

Forums, information, referral service and telephone, online and video counselling for men.

1300 78 99 78

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

#### MoodSwings

Online discussion board and intervention for bipolar disorder in people aged 21-65 years.

<https://www.moodswings.net.au/>

**R; RT**

#### My Road Ahead

An interactive online program and/or forum (depending on randomisation) to support men after treatment for prostate cancer.

<https://www.myroadahead.org/>

**R; RT**

#### ReachOut

Online information, tools, forums and apps aiming to help youth (under 25) cope with tough times, improve wellbeing and increase social engagement.

<http://au.reachout.com/>

## E-Mental Health Resources by Delivery Mode

### ONLINE COUNSELLING

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **ASCA (Adults Surviving Child Abuse)**

Telephone and email counselling, information and resources for people who have experienced childhood trauma and abuse.

1300 657 380  
(9-5 Monday to Sunday EST)  
Email: [counsellors@asca.org.au](mailto:counsellors@asca.org.au)  
<http://www.asca.org.au/>

#### **The Butterfly Foundation**

Telephone and web-based counselling, information and support for people affected by eating disorders.

1800 33 4673 (Mon–Fri 8am to 9pm AEST)  
Email: [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)  
<http://thebutterflyfoundation.org.au/national-edhope-line/>

#### **CanTeen**

Phone, online chat, forums, and email counselling for youth affected by cancer.

1800 835 932  
Email: [support@canteen.org.au](mailto:support@canteen.org.au)  
<https://www.canteen.org.au/>  
**R**

#### **Counselling Online**

Online and SMS-based counselling for alcohol and other drug users and their families and friends.

1800 888 236  
<https://www.counsellingonline.org.au/>

#### **Diabetes Counselling Online**

Online counselling and education for people diagnosed with diabetes.

<http://www.diabetescounselling.com.au/counselling-and-diabetes-education/>  
**R**

#### **eheadspace**

Internet chat, email or phone support for young people with a broad range of issues.

1800 650 890  
<https://www.eheadspace.org.au/>  
**R**

#### **KidsHelpline**

Phone and real time web-based counselling for youth (5-25) years).

1800 55 1800  
<http://www.kidshelp.com.au/>

#### **Lifeline Crisis Support**

Phone and real time online counselling for people in crisis.

13 11 14  
<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

#### **Mensline**

Forums, information, referral service and telephone, online and video counselling for men.

1300 78 99 78  
<http://www.mensline.org.au/>

### ONLINE COUNSELLING (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### **QLife**

Phone and online counselling and referrals for people of diverse sex, genders and sexualities.

1800 184 527  
(5:30pm-10:30pm)  
<https://www.qlife.org.au/>

#### **Suicide Call Back Service**

Phone and online counselling for people at risk of suicide or those bereaved by suicide.

1300 659 467  
<https://www.suicidecallbackservice.org.au/>

## E-Mental Health Resources by Delivery Mode

### TELEPHONE SUPPORT/ INTERVENTIONS

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **ASCA (Adults Surviving Child Abuse)**

Telephone and email counselling, information and resources for people who have experienced childhood trauma and abuse.

1300 657 380  
(9-5 Monday to Sunday EST)  
Email: [counsellors@asca.org.au](mailto:counsellors@asca.org.au)  
<http://www.asca.org.au/>

#### **The Butterfly Foundation**

Telephone and web-based counselling, information and support for people affected by eating disorders.

1800 33 4673 (Mon–Fri 8am to 9pm AEST)  
Email: [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)  
<http://thebutterflyfoundation.org.au/national-edhope-line/>

#### **CanTeen**

Phone, online and email counselling and forums to help young people (12-24 years) cope with cancer.

1800 835 932  
Email: [support@canteen.org.au](mailto:support@canteen.org.au)  
<https://www.canteen.org.au/>  
**R**

#### **Counselling Online**

Online and SMS-based counselling for alcohol and other drug users and their families and friends.

1800 888 236  
<https://www.counsellingonline.org.au/>

#### **eheadspace**

Internet chat, email or phone support for young people with a broad range of issues.

1800 650 890  
<https://www.eheadspace.org.au/>  
**R**

#### **KidsHelpline**

Phone and real time web-based counselling for youth (5-25) years).

1800 55 1800  
<http://www.kidshelp.com.au/>

#### **Lifeline Crisis Support**

Phone and real time online counselling for people in crisis.

13 11 14  
<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

#### **Mensline**

Forums, information, referral service and telephone, online and video counselling for men.

1300 78 99 78  
<http://www.mensline.org.au/>

#### **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/resources/for-me/newaccess---a-beyondblue-program>  
**R**

### TELEPHONE SUPPORT/ INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### **OCD Anxiety Helpline**

A telephone helpline providing support, information and referral to people with anxiety disorders and their carers.

1300 269 438 OR (03) 9830 0533 10am-4pm AEST  
Mon-Fri)

<https://www.arcvic.org.au/our-services/helpline>

#### **PANDA**

Perinatal depression phone counselling and referral service with online facts sheets.

1300 726 306 (10am-5pm AEST Mon-Fri)

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

#### **QLife**

Phone and online counselling and referrals for people of diverse sex, genders and sexualities.

1800 184 527

(5:30pm-10:30pm)

<https://www.qlife.org.au/>

#### **Suicide Call Back Service**

Phone and online counselling for people at risk of suicide or those bereaved by suicide.

1300 659 467

<https://www.suicidecallbackservice.org.au/>

### SELF GUIDED WEB INTERVENTIONS

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### **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/>

*(Apple only):*

<https://itunes.apple.com/au/app/act-belong-commit/id507932492?mt=8>

#### **Baby Steps**

An online program that aims to enhance the wellbeing of new mums and dads and help them adjust to parenthood.

<https://www.babysteps.org.au/web/index>

**R; RT**

#### **BITE BACK**

Online quizzes and activities to track and promote mental fitness.

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

#### **The BRAVE program**

Online program to help children (8 to 17) overcome anxiety. Comprises both youth and parent components.

<https://brave4you.psy.uq.edu.au/>

**R**

#### **Centre for Clinical Interventions—Back from the Bluez**

Online information and CBT strategies to cope with depression.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=37](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=37)

#### **Centre for Clinical Interventions—Building Body Acceptance**

Internet-based service to target body dysmorphia.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=55](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=55)

#### **Centre for Clinical Interventions—Facing Your Feelings**

Online modules for managing distressing feelings.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=54](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=54)

#### **Centre for Clinical Interventions—Keeping Your Balance**

Online program for coping with bipolar disorder.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=38](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=38)

#### **Centre for Clinical Interventions—Overcoming Disordered Eating**

Online information and strategies to alter disordered eating patterns.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=48](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=48)

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### Centre for Clinical Interventions—Panic Stations

Provides coping skills for panic attacks.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=44](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=44)

#### Centre for Clinical Interventions—Shy No Longer

Online CBT modules for coping with social anxiety.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=40](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=40)

#### Centre for Clinical Interventions—What? Me Worry!?!

Online modules for chronic worry and generalised anxiety.

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=46](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=46)

#### Clear Your Vision

An interactive online program to help young people change their cannabis use.

<https://clearyourvision.org.au/>

#### The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.

<https://www.thedesk.org.au/>

**R**

#### eCentreClinic—Arabic Wellbeing Course

A course for adults aged 18 and over of Arabic speaking background, providing practical skills for anxiety and depression.

<http://ecentreclinic.org/?q=ArabicWellbeingCourse>.

**R; RT**

#### eCentreClinic—Mood Mechanic Course

An online program for stress, worry, anxiety and depression in people aged 18-24.

<http://www.ecentreclinic.org/?q=MoodMechanic>

**R; RT**

#### eCentreClinic—Pain Course

Information and skills to manage chronic pain and improve emotional wellbeing.

<http://www.ecentreclinic.org/?q=PainCourse>

**R; RT**

#### eCentreClinic—SCI Pain Course

Information and skills to manage spinal injury pain and improve emotional wellbeing.

<http://www.ecentreclinic.org/?q=SCIPainCourse>

**R; RT**

## E-Mental Health Resources by Delivery Mode

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### **eCentreClinic—Managing Your Wellbeing (Epilepsy)**

An online program to teach practical skills for managing emotional wellbeing to sufferers of epilepsy.

<http://ecentreclinic.org/?q=ManagingYourWellbeingCourseEpilepsy>

**R; RT**

#### **eCentreClinic—Managing Your Wellbeing (Gastrointestinal Disorders)**

An online program to teach practical skills for managing emotional wellbeing to sufferers of gastrointestinal disorders.

<http://ecentreclinic.org/?q=ManagingYourWellbeingCourseGastrointestinal>

**R; RT**

#### **E-Couch**

Interactive modules targeting depression, grief and loss, anxiety, and relationship breakdown. Information can be accessed without registration or register for the full program.

<https://ecouch.anu.edu.au/welcome>

**R; HP**

#### **Feardrop**

Web-based graded exposure program for specific phobia.

<http://www.feardrop.com/index.php?content=about>

**R; HP**

#### **Finding My Way**

An online program providing information, suggestions and support to improve physical and mental wellbeing in people receiving treatment for cancer.

<https://findingmyway.org.au/>

**R; RT**

#### **Mental Health Online—Bulimia Online**

Online program for bulimia, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

#### **Mental Health Online—Depression Online**

A 12-week internet-based CBT treatment for depression.

<https://www.mentalhealthonline.org.au/>

**R; HP; RT**

#### **Mental Health Online—GAD Online**

Online program for generalised anxiety disorder, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>

**R; HP**

#### **Mental Health Online—OCD Stop!**

Internet program for OCD, with self-guided or therapist support options.

<http://www.swinburne.edu.au/lss/bpsyc/clinical-and-health-research/ocd/>

**R; HP**



## E-Mental Health Resources by Delivery Mode

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### **Mental Health Online—Panic Stop!**

A self-guided online program for panic disorder, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>  
**R; HP**

#### **Mental Health Online—PTSD Online**

A web-based program for sufferers of PTSD, with self-guided or therapist support options .

<https://www.mentalhealthonline.org.au/>  
**R; HP**

#### **Mental Health Online—SAD Online**

A web-based program that assists people with social anxiety disorder, with self-guided or therapist support options.

<https://www.mentalhealthonline.org.au/>  
**R; HP**

#### **MindSpot Clinic—OCD Course**

Online information and practical skills to help people overcome OCD symptoms.

1800 61 44 34  
<http://www.mindspot.org.au/>  
**R**

#### **MindSpot Clinic—PTSD Course**

Online information and practical skills to help people who have experienced a trauma to overcome PTSD symptoms.

1800 61 44 34  
<http://www.mindspot.org.au/>  
**R**

#### **MindSpot Clinic—Indigenous Wellbeing Course**

A course for Indigenous Australians to help them manage symptoms of stress, anxiety, worry and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34  
<http://www.mindspot.org.au/>  
**R**

#### **MindSpot Clinic—Wellbeing Course**

A course for adults aged 18-64 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34  
<http://www.mindspot.org.au/>  
**R**

#### **MindSpot Clinic—Wellbeing Plus Course**

A course for adults aged over 60 to help manage stress, anxiety and low mood. Also includes phone and online assessment, feedback and therapist support.

1800 61 44 34  
<http://www.mindspot.org.au/>  
**R**

#### **MoodGYM**

An online program that teaches cognitive behaviour therapy skills for depression or anxiety.

<http://moodgym.anu.edu.au/welcome>  
**R; HP**

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### **MoodSwings**

Online discussion board and intervention for bipolar disorder in people aged 21-65 years.

<https://www.moodswings.net.au/>  
**R; RT**

#### **myCompass**

An internet and mobile phone service promoting resilience for depression, stress, and/or anxiety.

<http://www.mycompass.org.au/>  
**R**

#### **My Road Ahead**

An interactive online program and/or forum (depending on randomisation) to support men after treatment for prostate cancer.

<https://www.myrodaahead.org/>  
**R; RT**

#### **OCD! Not me**

Online program including information, practical skills and support for young people (12-18yrs) with OCD.

<https://www.ocdnotme.com.au/>  
**R; RT**

#### **OnTrack—Alcohol**

Online information, tools and brief intervention to support with alcohol use.

<https://www.ontrack.org.au/web/ontrack/programs/alcohol>  
**R; HP; RT**

#### **OnTrack—Alcohol and Depression**

Online interactive tools for depression and alcohol use.

<https://www.ontrack.org.au/web/ontrack/programs/alcoholanddepression>  
**R; HP**

#### **OnTrack—Depression**

Self-guided online modules and interactive tools for depression.

<https://www.ontrack.org.au/web/ontrack/programs/depression>  
**R; HP**

#### **OnTrack—Diabetes**

Provides online physical and emotional support in diabetes type 2 sufferers.

<https://www.ontrack.org.au/diabetes/>  
**R; HP; RT**

#### **OnTrack—Families and Friends**

Online tools and information for people supporting someone with a mental illness.

<https://www.ontrack.org.au/web/ontrack/programs/familiesandfriends>  
**R; HP**

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
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#### **OnTrack—Flood and Storm Recovery**

Online tools to help people recover following extreme weather conditions.

<https://www.ontrack.org.au/web/ontrack/programs/floodandstormrecovery>  
**R; HP**

#### **OnTrack—Get Real**

Online tools for people with quasi-psychotic experiences.

<https://www.ontrack.org.au/web/ontrack/programs/get-real>  
**R; HP**

#### **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/>  
**R**

#### **QuitCoach**

An online program that delivers personalised feedback and smoking cessation advice based on principles of cognitive-behaviour therapy.

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

#### **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://au.reachout.com/>

#### **ReachOutCentral**

An online game designed to help 16-25 year olds learn and improve skills such as problem solving and resilience.

<http://www.reachoutcentral.com.au/>  
**R**

#### **Reduce Your Use**

Six-week online support program for cannabis use.

<https://reduceyouruse.org.au/sign-up/>  
**R**

#### **SayWhen**

A website providing information and brief intervention for alcohol.

<http://www2.betterhealth.vic.gov.au/saywhen>  
**R** (only for personal Drinking Profile—all other tools on the website do not require registration)

#### **So You've Been in An Accident**

Website providing information and intervention for children aged 7-16 who have been in an accident.

<http://kidsaccident.psy.uq.edu.au/index.html>

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use  
**HP:** Separate Health Practitioner access available  
**RT:** Currently a research trial (at time of printing)

#### **This Way Up—Depression Course**

A clinician-guided online cognitive behaviour therapy program for depression.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/depression/>  
**R; HP**

#### **This Way Up—Generalised Anxiety Disorder Course**

Online course with clinician assistance for generalised anxiety disorder.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/gad/>  
**R; HP**

#### **This Way Up—Mixed Depression & Anxiety Course**

A clinician-assisted online cognitive behaviour therapy course for depression and anxiety.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/mixed-depression-and-anxiety/>  
**R; HP**

#### **This Way Up—Obsessive Compulsive Disorder Course**

Clinician assisted online CBT course to help manage OCD.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/obsessive-compulsive-disorder/>  
**R; HP**

#### **This Way Up—Panic and Agoraphobia**

Clinician assisted online CBT course for panic and agoraphobia.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/panic-and-agoraphobia/>  
**R; HP**

#### **This Way Up—Social Phobia**

Online course with clinician assistance for social phobia.

<https://thiswayup.org.au/clinic/courses/courses-we-offer/social-phobia/>  
**R; HP**

#### **This Way Up—Self Help for Shyness**

A self-guided online course for social phobia.

<https://thiswayup.org.au/self-help/shyness/>  
**R**

#### **This Way Up—Self Help for Stress Management**

A self-guided online course to help manage stress and anxiety.

<https://thiswayup.org.au/self-help/stress-management/>  
**R**

#### **This Way Up—Self Help for Worry and Sadness**

A self-paced, online, skill-building course to improve mood.

<https://thiswayup.org.au/self-help/worry-and-sadness/>  
**R**

### SELF GUIDED WEB INTERVENTIONS (CONTINUED)

**R:** Requires registration with name/email before use

**HP:** Separate Health Practitioner access available

**RT:** Currently a research trial (at time of printing)

#### Triple P Online

An online parenting course providing tools, strategies and tips for managing behaviour and creating a happier family life.

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

**R**

#### Wellbeing Toolbox

Online self-care strategies and tools to help veterans maintain their mental health and wellbeing.

<http://www.wellbeingtoolbox.net.au/>

#### What Were We Thinking

An interactive online program for first-time parents.

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

**HP**

#### WorkOut

An online training program for young people, developed by ReachOut.com, that test and improves mental fitness.

<http://au.reachout.com/workout>

**R**

**OTHER PROGRAMS**

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# eMHPrac

E-MENTAL HEALTH IN PRACTICE

[www.emhprac.org.au](http://www.emhprac.org.au)

The eMHPrac e-Mental Health program and service catalogue provides an overview of various Australian online and teleweb programs.

For a more comprehensive list of e-mental health resources, please visit:

- ◇ MindHealthConnect: <http://www.mindhealthconnect.org.au/>
- ◇ Beacon: <https://beacon.anu.edu.au/users/login>
- ◇ E-Hub: <http://www.ehub.anu.edu.au/welcome.php>

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