

## E-Mental Health Programs: Addiction

Addiction	Details	Cost	Age Criteria
<b>Control Your Drinking</b>	<a href="http://www.acar.net.au/online.asp">http://www.acar.net.au/online.asp</a> Control Your Drinking is an online self-change program. It consists of some self-assessment tools and 4 modules that people can work through at their own pace. The content focuses on managing cravings, managing your mood without alcohol, binge drinking, and other alcohol related problems.	Free	Ages 18yrs+
<b>Counselling Online</b>	<a href="https://www.counsellingonline.org.au/">https://www.counsellingonline.org.au/</a> Counselling Online offers counselling to alcohol and other drug users, as well as family members and friends affected by addiction. The service is available 24hrs, 7 days. The website also has a number of resources available. There is also phone counselling available (1800 888 236).	Free	Ages 15yrs+
<b>eheadspace</b>	<a href="https://www.eheadspace.org.au/log-in/?redirect=/my-account/waiting-room/&amp;v=a">https://www.eheadspace.org.au/log-in/?redirect=/my-account/waiting-room/&amp;v=a</a> Eheadspace is a space where young people or their family can chat online or speak over the phone with professionals regarding a range of issues such as addiction, mental health, bullying, worry, relationships, self-esteem and depression. Visit the website or call 1800 650 890	Free	Ages 12-25yrs
<b>Gambling Help Online</b>	<a href="http://www.gamblinghelponline.org.au/">http://www.gamblinghelponline.org.au/</a> Gambling Help Online is available 24hrs, 7 days. There is online chat as well as email counselling and links to support services available. There are also a number of self-help resources and information available. People can also access counselling by telephone (1800 858 858).	Free	Ages 15yrs+
<b>NA Chatroom</b>	<a href="http://www.nachatroom.net">http://www.nachatroom.net</a> NA Chatroom is a place for people struggling with addiction who are seeking support with their recovery. There are online meetings, forums and open chat groups. Discussion follows the 12 traditions of NA.	Free	Ages 15yrs+