

E-Mental Health Programs: Panic Disorder

Panic Disorder	Details	Cost	Age criteria
beyondblue Youth Online	https://www.youthbeyondblue.com/ Youth Beyond Blue offers a range of information and resources for young people around anxiety, depression, self-harm, grief and loss, bullying, family breakup, alcohol and drug use, and self-esteem and body image. There are also online support forums, phone counselling (24hrs) and online counselling (3pm-12am 7days). Visit the website or call 1300 224 636.	Free	Ages 12-25yrs (25yrs+ can utilise services via Beyond Blue)
beyondblue Adult Program	https://www.beyondblue.org.au/get-support/get-immediate-support Beyond Blue has a range of information and resources for people experiencing anxiety, depression, grief and loss, suicidal ideation and self-harm. They also offer 24hr phone counselling, online counselling (3pm-12am 7days) and online chat forums. Visit the website or call 1300 224 636.	Free	Ages 25+ (<25 can utilise services via Youth Beyond Blue)
Bite Back	http://www.biteback.org.au/ Bite Back is an online space influenced by positive psychology that supports users to amplify the 'good stuff' in life, share stories of resilience, and work on improving mental fitness. There are resources, videos, chat forums, self-care strategies and tips, peer support, and encouragement to work on mental fitness as well as track progress.	Free	Ages 12-18yrs
BlueBoard	https://blueboard.anu.edu.au/ BlueBoard is an online community for people suffering from depression and anxiety, as well as their families and friends. There are a number of different topic forums for general discussion and sub forums for more specific discussion. The forums are all moderated and individual support is offered (i.e. direction to crisis support) when needed. Moderators also remove inappropriate posts to ensure the content stays relevant and appropriate to the forum.	Free	Ages 15yrs+
KidsHelpline Online	http://www.kidshelpline.com.au/ KidsHelpline provides access to phone, online and email counselling. There is also a range of information available on topics such as anxiety, depression, dealing with conflict, sexuality, self-harm and suicide, and homelessness. Visit the site or call 1800 551 800 (24hrs, 7days)	Free	Ages 5- 25yrs
mentalhealthonline	https://www.mentalhealthonline.org.au/ Mental Health Online is a treatment based online service for people with mental health problems, designed to support people to improve their health and overcome mental health difficulties. Users have access to information, clinical assessment, and treatment modules.	Free	Ages 15+
ReachOut	http://au.reachout.com/wellbeing/mental-fitness Reach Out provides practical tools and support to help young people get through everything from every day issues to tough times. Reach out offers factsheets, tools, apps, community forms and support.	Free	Ages 16-24yrs
This Way Up	https://thiswayup.org.au/ This Way Up offers 6 online courses that GP's can prescribe to their patients who need treatment for mild to moderate panic disorder. To refer, visit the website.	Approx \$59 per course	Ages 15+