

## E-Mental Health Programs: Anxiety

Anxiety	Details	Cost	Age criteria
<b>beyondblue Youth Online</b>	<a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a> 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 the same services via Beyond Blue)
<b>beyondblue Adult Program</b>	<a href="https://www.beyondblue.org.au/get-support/get-immediate-support">https://www.beyondblue.org.au/get-support/get-immediate-support</a> 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 same services via Youth Beyond Blue)
<b>Bite Back</b>	<a href="http://www.biteback.org.au/">http://www.biteback.org.au/</a> 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
<b>BlueBoard</b>	<a href="https://blueboard.anu.edu.au/">https://blueboard.anu.edu.au/</a> 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+
<b>Blue Pages</b>	<a href="http://bluepages.anu.edu.au/">http://bluepages.anu.edu.au/</a> Blue Pages provides information on evidence based treatment for anxiety and depression and also screening tests and links to helpful resources.	Free	Ages 15+
<b>Brave Program</b>	<a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a> The Brave Program is an interactive online program for the prevention and treatment of childhood and adolescent anxiety. The program provides ways for children and young people to cope better with their worries.	Free	Child program ages 8-12 Teen program ages 12-17
<b>Ecouch</b>	<a href="https://ecouch.anu.edu.au/new_users/welcome01">https://ecouch.anu.edu.au/new_users/welcome01</a> Ecouch provides information about emotional problems and includes exercises to help users understand themselves and others better, and supports users to increase coping strategies.	Free	Ages 15+
<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 mental health professionals regarding a range of issues such as bullying, worry, relationships, self-esteem and depression. Visit the website or call 1800 650 890	Free	Ages 12- 25yrs
<b>KidsHelpline Online</b>	<a href="http://www.kidshelpline.com.au/">http://www.kidshelpline.com.au/</a> 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
<b>Mental Health Online</b>	<a href="https://www.mentalhealthonline.org.au/">https://www.mentalhealthonline.org.au/</a> 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+

<b>MindSpot</b>	<a href="https://mindspot.org.au/">https://mindspot.org.au/</a> Mindspot is a telephone and online service for adults experiencing symptoms of anxiety or depression. The program has an online assessment tool that assists users to learn about their symptoms as well as a treatment course that promotes recovery. Visit the website or call 1800 614 434. There is also a brochure available.	Free	Programs 18- 64yrs & others 65yrs+
<b>MoodGYM</b>	<a href="https://moodgym.anu.edu.au/welcome">https://moodgym.anu.edu.au/welcome</a> Mood Gym is an online training program that supports users to learn cognitive behaviour therapy skills for preventing and coping with emotional difficulties. It is an interactive program that consists of 5 modules which work towards a better self-awareness, understanding of relationship between thinking and feeling, and improved interpersonal skills.	Free	Ages 15yrs+
<b>myCompass</b>	<a href="https://www.mycompass.org.au/Default.aspx">https://www.mycompass.org.au/Default.aspx</a> My Compass has been developed to help people better self-manage mild to moderate symptoms of anxiety and stress. It consists of skill building modules (CBT informed), psycho-educational material and supports users to self-monitor symptoms. There is a brochure available for your reference.	Free	18- 75yrs
<b>Qlife</b>	<a href="https://qlife.org.au/support/">https://qlife.org.au/support/</a> QLife is an online counselling and referral service for people who are lesbian, gay, bisexual, trans and/or intersex (LGBTI) with their mental health, relationships, lived experiences and other issues they might be dealing with. Users have access to peer support by telephone and web based services which include online chat, access to information and support to access local face to face services when needed. Visit the website or call 1800 184 527- telephone and online chat services are available between 3pm and 12am 7 days.	Free	All ages
<b>Reach Out</b>	<a href="http://au.reachout.com/wellbeing/mental-fitness">http://au.reachout.com/wellbeing/mental-fitness</a> 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
<b>This Way Up</b>	<a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a> This Way Up offers 6 online courses that GP's can prescribe to their patients who need treatment for mild to moderate anxiety. To refer, visit the website.	Approx \$59 per course	Ages 15+