

E-Mental Health Programs: Bipolar Disorder

For patients experiencing a depressive episode, consider programs listed under E-Mental Health Depression

Bipolar Disorder	Details	Cost	Age Criteria
Mood Swings Online	https://www.moodswings.net.au/ Mood Swings is an Online self-help tool for people with bipolar disorder. Users are required to register interest in the program first, and then they will be contacted with log in details. There is also information on bipolar, coping in relationships with bipolar, understanding the illness and treatment, and a number of useful links for further information.	Free	Ages 15+
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
Living with a Mood Disorder	http://www.peerleadershipcenter.org/assnfe/courseonline.asp?crsid=4 Living with a Mood Disorder is a course designed to help people live successfully with a mood disorder, as well as help friends and family learn more about them and the illness. The program consists of an initial questionnaire, videos and handouts, which support users to understand treatments and create a plan for living well with the symptoms they experience.	Free	Ages 15+
OnTrack	https://www.ontrack.org.au/web/ontrack/programs/get-real On Track aims to support users to achieve mental and physical health wellbeing. Users have access to online programs to build skills to manage their mental health and keep their life on track, information, quizzes and advice. The specific program "On Track Get Real" focuses on supporting people to stay reality based, who may be experiencing mania or early psychosis.	Free	Ages 14yrs +