

E-Mental Health Programs: Family and Friends of people with mental illness

Families	Details	Cost	Age criteria
beyondblue Online	https://www.beyondblue.org.au/family-and-friends/parents-and-guardians/have-the-conversation Offers support to parents of children and young people experiencing mental health issues, specifically around having conversations when you're worried about someone and what to do when you're unsure how to help.	Free	Parents of children 12-25yrs
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+
Brave Program	https://brave4you.psy.uq.edu.au/ The Brave Program is an online program that supports parents of children and young people to develop understanding and skills to help their children cope with worries and anxiety.	Free	Parents of children 8-17yrs
eheadspace	https://www.eheadspace.org.au/log-in/?redirect=/my-account/waiting-room/&v=a Eheadspace is a space where young people 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. There are also specialists available who offer support to parents or concerned family members. Visit the website or call 1800 650 890	Free	Ages 12- 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+
OCD Not Me	https://www.ocdnotme.com.au/ An 8 stage online program that runs over 8 weeks and covers important information and strategies to help users overcome OCD. The program also offers support to parents and carers.	Free	Ages 12- 18yrs
OnTrack	https://www.ontrack.org.au/web/ontrack/programs/familiesandfriends 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 Families and Friends" focuses on supporting people who are supporting someone with a mental illness. The program goes over how they can help the person as well as look after themselves.	Free	Ages 18yrs+
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/ The Suicide Call Back Service provides counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. The service is available 7 days, 24 hours by telephone (1300 659 467) or online. There is also a number of resources available.	Free	Ages 15+