

## E-Mental Health Programs: General Mental Health and Wellbeing

General MH & Wellbeing	Details	Cost	Age
<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 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 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>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>mindhealthconnect</b>	<a href="http://www.mindhealthconnect.org.au/">http://www.mindhealthconnect.org.au/</a> Mind Health Connect is an online resource that supports users to find mental health and wellbeing information, support and services. There is information for most mental health issues, information on goal setting and wellbeing activities, links to online programs and chat forums, as well as some brief online assessment tools.	Free	Ages 15yrs+
<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>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