

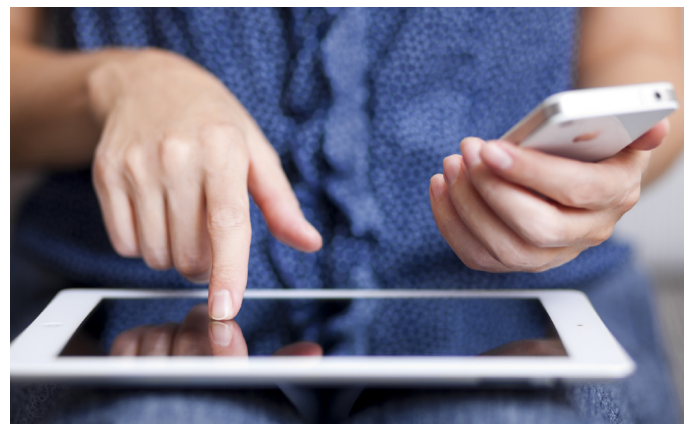
# Managing Your Mental Health Online During COVID-19

COVID-19 has brought rapid changes to our daily life, together with uncertainty and dramatic news headlines.

Some people may be feeling worried or depressed at the moment, especially if they already have some mental health problems.

There are many services that can help without leaving home. During this crisis, Australians can use Medicare to talk to health practitioners about mental health.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—“self-guided” ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.



A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

A good place to start looking is:

## Head to Health

The Australian Government's digital mental health gateway

### Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

Free assessment and treatment that is supported by psychologists is at:

## MindSpot

Australia's free national online mental health clinic



MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Ph: 1800 61 44 34

Some other services are on the next page.

### \*DISCLAIMER

The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

## Crisis Support - Phone and online counselling



### Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



**Suicide Call Back Service** 1300 659 467  
National 24/7 professional telephone & online counselling for anyone affected by suicide.



**Beyond Blue Support Service** 1300 22 4636  
Telephone (24/7), online and email counselling.



**1800RESPECT** 1800 737 732  
24/7 phone & online counselling for people seeking for domestic violence situations.



**MensLine Australia** 1300 78 99 78  
Advice, therapy and support for men with families and relationship concerns.



**QLife** 1800 184 527  
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



**GriefLine** 1300 845 745  
Phone and online counselling for individuals and families experiencing loss and grief.

## Apps



**MoodMission**  
A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



**Snapshot**  
A free app for Australian adults to check and monitor their mental health and wellbeing status.



**MindGauge**  
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



**BeyondNow**  
An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



**ReachOut Breathe App**  
A free app (IOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



**Smiling Mind**  
A website and app teaching mindfulness meditation to young people and adults.

## Aboriginal and Torres Strait Islanders



**MindSpot - 'Indigenous Wellbeing'**  
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



**iBobbly**  
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

## Older Adults



**MindSpot - 'Wellbeing Plus'**  
An online program for stress, worry, anxiety and depression in adults aged 60 and above.



**Be Connected - e-Safety Commissioner**  
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

## Self-Guided Programs



### MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



### MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



### THIS WAY UP

A range of self-paced online CBT courses (free during COVID-19 crisis). Helping you learn practical skills to improve how you feel. Can be self-help or guided by your own clinician.



### Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



### e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



### Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

## Moderated Forums



### Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



### Sane Australia

Moderated forums providing peer-to-peer support.

## Young People



### Kids Helpline

1800 55 1800  
24/7 phone and online counselling for youth (5-25yrs).



### Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



### eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



### ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



### The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



### BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

<b>ACON</b>	'Coronavirus Information for LGBTIQ Communities and People Living With HIV'
<b>Act-Belong-Commit</b>	'Keeping mentally healthy when isolated or spending a lot of time at home'
<b>Australian Psychological Society</b>	'Tips for coping with coronavirus anxiety'
<b>Australian Psychological Society</b>	'Maintaining your mental health during social isolation'
<b>Beyond Blue</b>	'Looking after your mental health during the coronavirus outbreak'
<b>Beyond Blue Online Chat Forum</b>	Forum Discussion Topic: 'Coping during the Coronavirus outbreak'
<b>Black Dog Institute</b>	'10 tips for managing anxiety during COVID-19'
<b>Black Dog Institute</b>	'Coronavirus: Reassuring your child about the unknown'
<b>Black Dog Institute</b>	'Mental Health Ramifications of COVID-19: The Australian context'
<b>The BRAVE Program</b>	'Beating stress and worries about coronavirus (COVID-19)'
<b>Butterfly Foundation</b>	'COVID-19: Tips & Advice for people with an eating disorder'
<b>Department of Defence</b>	'Defence response to COVID-19'
<b>Emerging Minds</b>	'Supporting children during the Coronavirus (COVID-19) outbreak'
<b>Emerging Minds</b>	'Helping children cope with stress during the Coronavirus (COVID-19) outbreak'
<b>eSafety Commissioner</b>	'Social distancing without the isolation: Helping older Australians connect online'
<b>Headspace</b>	'How to cope with stress related to Novel Coronavirus (COVID-19)'
<b>healthdirect</b>	'Coronavirus (COVID-19)'
<b>Kids Helpline</b>	'Are you worried about novel coronavirus (COVID-19)?'
<b>Lifeline</b>	'Mental health and wellbeing during the Coronavirus COVID-19 outbreak'
<b>Life in Mind</b>	'Coronavirus (COVID-19) mental health support'
<b>Mental Health Commission of NSW</b>	'Mental health and the coronavirus'
<b>Mental Health Online</b>	'A Practical Guide to Video Mental Health Consultation'
<b>MindSpot</b>	'Coronavirus (COVID-19)'
<b>MindSpot</b>	'10 psychological tips for coping with infectious diseases'
<b>NACCHO</b>	'Coronavirus (COVID-19) updates and information'
<b>Open Arms</b>	'COVID19 – calming and coping'
<b>PANDA</b>	'Supports to help expecting and new parents anxious about coronavirus'
<b>PANDA</b>	'Managing emotional wellbeing for expecting and new parents affected by natural disasters, global crises or concerns for the future'
<b>People with Disability Australia</b>	'Information About COVID-19 Or Coronavirus'
<b>Phoenix Australia</b>	'Coronavirus (COVID-19) mental health resources'

<b>Phoenix Australia</b>	'Coronavirus (COVID-19): Tips for Self-care and Families'
<b>Phoenix Australia</b>	'Caring for patients' mental health during coronavirus (COVID-19)'
<b>Pregnancy, Birth and Baby</b>	'Coronavirus (COVID-19) and pregnancy'
<b>Quitline</b>	'FAQs – Coronavirus (COVID-19) and Smoking'
<b>Raisingchildren.net.au</b>	'Coronavirus (COVID-19) and children in Australia'
<b>ReachOut</b>	'Coping during coronavirus (COVID-19)'
<b>ReachOut</b>	'10 ways to take care of yourself during coronavirus'
<b>ReachOut</b>	'How to deal with uncertainty during coronavirus'
<b>R U OK</b>	'Staying connected is more important than ever'
<b>Smiling Mind</b>	'How mindfulness can help during Coronavirus'
<b>Smiling Mind</b>	'Supporting yourself and each other through Coronavirus'
<b>This Way Up</b>	'Coping with Anxiety During the COVID-19 Outbreak'
<b>Unicef Australia</b>	'How to talk to your children about coronavirus (COVID-19): Eight tips to help comfort and protect children.'
<b>World Health Organisation</b>	'Mental Health and Psychosocial Considerations During COVID-19 Outbreak'