

## Some useful sites

### **ReachOut WorryTime**

An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.

<http://itunes.apple.com/app/apple-store/id964311176?mt=8>

### **myCompass**

An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression.

<http://www.mycompass.org.au/>

### **ReachOut Breathe**

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with help from your mobile phone (iOS) or Apple Watch.

<http://www.au.reachout.com/tools-and-apps/reachout-breathe>

### **Griefline**

Provides phone and online counselling services to individuals and families who are experiencing loss and grief.

<http://www.griefline.org.au>

1300 845 745

### **1800RESPECT**

24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence.

<http://www.1800respect.org.au/>

1800 737 732

### **Mensline Australia**

24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling.

<http://www.mensline.org.au/>

1300 78 99 78

### **Mental Health Online**

#### ***'Made-4-Me, a tailored program'***

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

<http://www..mentalhealthonline.org.au>

### **NewAccess**

NewAccess provides assessment and up to six face-to-face or phone sessions with a NewAccess coach to help tackle everyday pressures.

<https://www.beyondblue.org.au/get-support/newaccess>

### **Smiling Mind**

A website and app teaching mindfulness meditation to young people (7-22yrs), and adults.

<http://www.smilingmind.com.au>

### **The BRAVE Program**

Online program to help children and teenagers (3-17 yrs) overcome

anxiety. Comprises both youth and parent components.  
<http://www.brave4you.psy.uq.edu.au/>

### **Cool Kids Online**

An online, structured, skills-based program that teaches children (7-12yrs) and their parents how to better manage anxiety.  
<http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers>

### **Cool Little Kids Online**

An online, structured, skills-based program that teaches children (3-6yrs) and their parents how to better manage anxiety.  
<http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers>

## **PHONE SUPPORT LINES**

### **Kids Helpline**

24hr phone and real time web-based crisis support for youth (5-25 yrs).  
<http://www.kidshelp.com.au/>

1800 55 1800

### **Parent Line**

Telephone counselling, information and support for parents and carers of children. Online counselling is also available in some states/territories.

**QLD & NT:** <http://www.parentline.com.au/>

1300 30 1300

### **Parent Works**

Online program for Australian parents and caregivers providing evidence-based parenting strategies.  
<http://www.parentworks.org.au/#/>

### **Beyond Blue Support Service**

24hr telephone, online and email counselling for people going through a tough time.  
<http://www.beyondblue.org.au/get-support/get-immediate-support>  
1300 22 4636

### **Lifeline Crisis Support**

24hr phone and real time online crisis support.  
<http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>  
13 11 14

### **Mensline Australia**

24hr advice, therapy and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling.  
<http://www.mensline.org.au/> 1300 78 99 78

### **Black Dog Institute**

[www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)

Get information on: anxiety, depression, bipolar disorder, suicide, PTSD, and wellness.

**Headspace**

Get information on: health and wellbeing, substance use and addictive behaviours, depression, eating disorders, PTSD, anxiety, bipolar disorder, stress, and psychosis.

[www.headspace.org.au/](http://www.headspace.org.au/)

**Healthy Families**

Get information on: parenting, relationships, stress/wellbeing and other mental health issues.

[Healthyfamilies.beyondblue.org.au](http://Healthyfamilies.beyondblue.org.au)

**MoodGYM**

A free self help program that teaches cognitive behaviour therapy skills to help prevent and manage symptoms of depression and anxiety.

<http://www.moodgym.com.au>