

# Finding e-Mental Health Resources for Young People

Young people concerned about mental health are increasingly turning to the internet for help. Allied health professionals can provide important guidance to help young people find safe, credible e-Mental Health resources.

e-MH resources can help young people identify problems, work out which interventions might suit them and tackle the uncertainty, fear and stigma that can hinder help-seeking.

e-MH intervention programs can teach young people how to tackle symptoms of anxiety and depression and improve resilience and coping skills. These programs draw on evidenced-based therapies such as cognitive behaviour therapy, and can be self-help and/or therapist-assisted.

The e-MH services and programs described here are free unless otherwise stated. Many can be used anonymously and many are 24/7. e-MH is flexible and can be used before, during and after other forms of treatment.

## Find online crisis support

**KidsHelpline** Online, email and phone counselling for young people with a website tailored for kids (5-12) and teens (13-25). Online 'chat' counselling open 7 days a week.

1800 55 1800 (24/7)  
kids-helpline.com.au

**Suicide Call Back Service** provides free nationwide 24/7 professional telephone and online counselling for anyone affected by suicide.

1300 659 467 (24/7)  
suicidecallbackservice.org.au

**Lifeline** online crisis support chat with a trained crisis supporter available every night. Phone available 24/7.

13 11 14 (24/7)  
lifeline.org.au/Get-Help



## Find online counselling

### Youth services (from 12 yrs)

**CanTeen** Online, email and phone counselling and forums for people aged 12-24 yrs living with the impact of cancer.

1800 835 932  
canteen.org.au

**eheadspace** Online 'chat', email and phone counselling with a qualified youth mental health professional for young people aged 12-25 as well as parents/carers concerned about a young person.

1800 650 890  
ehheadspace.org.au

**Youth beyond blue** Information, online and phone counselling for young people (12-25 yrs) with trained mental health professionals 7 days a week.

1300 224 636 (24/7)  
youthbeyondblue.com



### Other counselling services

**Counselling Online** Online 'chat' and phone counselling 24/7 for people concerned about their own or another person's drug or alcohol use.

1800 883 236  
counsellingonline.org.au

**QLife** Online 'chat' and phone counselling for lesbian, gay, bisexual, transgender and intersex people (LGBTI).

1800 184 527  
qlife.org.au

**The Butterfly Foundation** Online and phone counselling, information, and online support groups for people concerned about eating disorders, disordered eating, body image problems.

1800 334 673  
thebutterflyfoundation.org.au



**1800RESPECT** Information, phone and online counselling provided by the National Sexual Assault, Domestic and Family Violence Counselling Service for people seeking help for themselves or someone else. Also for professionals wanting support for referrals or vicarious trauma problems.

1800 737 732 (24/7)  
1800respect.org.au

This brochure is intended for information purposes only. Whilst many of the services listed are government-funded and endorsed, health practitioners should independently investigate and verify the credentials of any service before choosing to use the service or refer a user.

## Find information and peer support

**BITE BACK** Promotes wellbeing and resilience in young people (12-18 yrs) through psycho-education, positive psychology and related approaches.

biteback.org.au



**ReachOut** Provides practical tools and support to help young people aged 14-25 yrs get through everything from everyday issues to tough times. Includes information on mental health, peer support forums, and apps. **ReachOut Next Step** service for 18-25 yrs recommends support options. **ReachOut Parents** provides information and support to "help parents help teens".

reachout.com



**The Toolbox on ReachOut.com** recommends mental health and wellbeing apps endorsed by mental health professionals and young people aged 13-25 yrs. Includes links to apps, reviews and information.

au.reachout.com/sites/thetoolbox



## Intervention programs for under 18 yrs

**The BRAVE Program** BRAVE is a free online self-help program for prevention, early intervention and treatment of anxiety in young people. It has child (8-12 yrs), teen (12-17 yrs), and parent components.

brave4you.psy.uq.edu.au



**MoodGYM** Online program that teaches skills from CBT to help prevent and manage symptoms of depression for 15+ yrs. Also useful for anxiety.

moodgym.anu.edu.au



**OCD? Not Me!** Online program for people aged 12-18 yrs with OCD. It has eight stages and provides information, as well as support for parents and caregivers.

ocdnottme.com.au



**Smiling Mind** Online and app based program to improve wellbeing of young people through mindfulness meditation. Provides age-specific content for 7-11, 12-15, and 16-22 yrs.

smilingmind.com.au



**OnTrack (Get Real! Early Psychosis Program)** OnTrack offers the Get Real! program for managing unusual experiences/early psychosis for 14+ yrs. Program consists of self-guided modules and interactive tools.

ontrack.org.au



**Stay Strong** A mental health and substance misuse intervention in an iPad app (available on iTunes for a small fee) for 10+ yrs. The app guides users and therapists through a structured, evidence-based intervention that is culturally appropriate for Indigenous clients.

menzies.edu.au/page/Resources/Stay\_Strong\_iPad\_App/



## Intervention programs for 18+ yrs

**Mental Health Online** Information, automated assessment (optional) and online self-guided treatment programs for anxiety, panic, OCD, PTSD, and mixed anxiety/depression for 18+ yrs. Courses available as self-help for free or with therapist support for a small client fee.

mentalhealthonline.org.au



**Mood Mechanic Program (MindSpot Clinic)** Mood Mechanic Program is an online therapist-supported program for 18-25 yr olds with anxiety and/or depression. Other treatment courses for OCD and PTSD for 18+ yrs. Self-referral or online health professional referral.

mindspot.org.au



**OnTrack** OnTrack offers a suite of self-guided modules and interactive tools for 18+ yrs including alcohol use, depression, alcohol/ depression, flood and storm recovery, diabetes, and for carers, as well as a program for unusual experiences/early psychosis for 14+ yrs.

ontrack.org.au



**THIS WAY UP™** Therapist-assisted or self-help courses for depression, anxiety (GAD, panic, social phobia, OCD) and mixed depression/anxiety for 18+ yrs. Teen programs in development (contact TWU for release date). Requires a small client fee. Also has free self-help course for stress.

thiswayup.org.au

