

Online Courses for Wellbeing and Self-Help

- **Head to Health.** Australia has great mental health services and resources, but it can be tough finding the ones that suit you best. We've made your search easier by hand-picking resources from publicly funded providers. headtohealth.gov.au
 - **This Way Up Clinic.** There is a small payment for some of these courses. They have been used for many years and are very helpful: thiswayup.org.au/how-we-can-help/courses
 - **Beyondblue** beyondblue.org.au
 - **Black Dog Institute:** blackdoginstitute.org.au
 - **My Compass.** myCompass is designed to address mild to-moderate symptoms of stress, anxiety, and depression: blackdoginstitute.org.au/getting-help/self-help-tools-apps/mycompass
 - **Mind Spot.** Online assessment and treatment for anxiety and depression: mindspot.org.au
 - **Bite Back.** Mental Fitness Challenge. In six weeks you can: Get better marks; Improve your friendships; Reduce stress levels; Set goals and stick to: biteback.org.au
 - **Reach Out.** helps under 25s with everyday questions through to tough times: au.reachout.com
 - **Headspace.** Especially for young people and their families. There is a clinic in Hurstville: eheadspace.org.au
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Crisis Help

- **Lifeline.** Call: **13 11 14** Crisis Support. Suicide Prevention. lifeline.org.au
 - **Suicide Callback Service.** Call: **1 300 659 467**. Nationwide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide: suicidecallbackservice.org.au
 - **Mens Line Australia.** Call: **1 300 78 99 78**. A telephone and online counselling service for men with family and relationship concerns. mensline.org.au
 - **Headspace.** Call: **1 800 650 890** Especially for young people and their families. There is a clinic in Hurstville: eheadspace.org.au
 - **Kids Help Line:** Anytime. Any Reason. Call: 1 800 55 1 800 kidshelpline.com.au
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Apps we Recommend

- **Music eScape** Music can have a powerful effect on our mood. au.reachout.com/tools-and-apps/music-escape
- **Smiling Mind**, Meditation made easy. smilingmind.com.au
- **Worry Time.** Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. au.reachout.com/tools-and-apps/reachout-worrytime
- **Reach Out Breathe.** ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch. au.reachout.com/tools-and-apps/reachout-breathe