

eMental Health Programs

e-Mental Health Treatment Programs

- myCompass | www.mycompass.org.au**
myCompass is an interactive self-help service that aims to promote resilience and wellbeing for all Australians.
- MoodGYM | www.moodgym.anu.edu.au**
MoodGYM is a free self-help program to teach CBT skills to people vulnerable to depression and anxiety.
- THIS WAY UP | www.thiswayup.org.au**
Using CBT principles, THIS WAY UP Clinic offers proven online courses for Depression, GAD, and Anxiety.
- OnTrack | www.ontrack.org.au**
OnTrack offers free access to online programs, information, quizzes and advice to support the Australian community in achieving mental and physical health and wellbeing.
- e-couch | www.ecouch.anu.edu.au**
e-couch is a CBT and IPT based self-help interactive program with modules for depression, GAD & worry, social anxiety, relationship breakdown, and loss and grief.
- MindSpot | www.mindspot.org.au**
MindSpot combines educational and practical exercises with regular contact with a MindSpot therapist, allowing help to be obtained in a discreet, effective way.
- Mental Health Online | www.mentalhealthonline.org.au**
Mental Health Online offers self-guided or therapist assistant programs for panic disorder, social anxiety disorder, GAD, OCD, PTSD, depression and insomnia.

Useful Search Portals and Websites

- Beacon | www.beacon.anu.edu.au**
Beacon is an online mental and physical health information portal that is free to access.
- mindhealthconnect | www.mindhealthconnect.org.au**
mindhealthconnect is a free online portal to find information about mental health resources that really work.
- BluePages | www.bluepages.anu.edu.au**
BluePages provides information about depression and its treatment, as well as resources for young people.

Resources for Young People

- BITE BACK | www.biteback.org.au**
BITE BACK is an ever-changing space which aims to improve the wellbeing and mental fitness of 12-18 year olds, based on the principles of positive psychology.
- eHeadspace | www.eheadspace.org.au**
eHeadspace is a confidential, free, anonymous, secure space where 15-25 year olds can chat, email or speak with qualified youth mental health professionals.
- ReachOut | www.reachout.com**
ReachOut is a mental health website for people under 25.
- Youth Beyond Blue | www.youthbeyondblue.com**
Youth Beyond Blue provides mental health education and links to phone support for 12-25 year olds.

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