

Free Apps



Beyond Now Suicide Safety Plan

Create a suicide safety plan to help you cope when you're feeling suicidal



Daybreak

Supports people to cut down or take a break from drinking



ReachOut WorryTime

Learn skills to manage worry.



Smiling Mind

Mindfulness meditation website and app



MoodMission

Learn strategies to overcome low mood and anxiety. Free to access, in-app purchases available.



BreathingSpace

Secure, moderated, social network app where people can seek support from clinicians and each other to improve wellbeing and resilience.

Suggestions for You

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National Standard 2. Partnering with Consumers

Psychology resources available to you

This pamphlet can help you find psychological support in the community.



Crisis Services

Mental Health Service (1300 MH CALL)

Free mental health support and information. Open 24 hours every day.
1300 642 255

Call Lifeline

Free crisis support. Open 24 hours every day. Online chat support is also available during certain hours. **13 11 14**

Community Services

Speak to your GP

Your GP can be a valuable source of information about psychologists in your local area. Medicare rebates may be available to you through a Mental Health Care Plan.

Find a Psychologist

There are a range of private psychologists working in the community. A good place to start is www.findapsychologist.org.au

1800 RESPECT

Free support for family or domestic violence, and sexual assault. Open 24 hours every day. **1800 737 732**

MensLine Australia

Free telephone and online counselling for men with emotional health and relationship concerns. Open 24 hours every day.

1300 78 99 78 www.mensline.org.au

BeyondBlue

Provides free information and support for anxiety and depression. Online chat support also available. Open 24 hours every day.

1300 22 4636 www.beyondblue.org.au

Alcohol and Drug Information Service

Provides free counselling and information about drug and alcohol services. Open 24 hours every day. **1800 177 833**

Lives Lived Well

Provides free help to people impacted by drugs or alcohol and mental health concerns. Open Monday to Friday.

1300 727 957 www.liveslivedwell.org.au

Digital Resources

Head to Health

Use keywords in the search bar to find mental health resources and services. www.headtohealth.gov.au

MindSpot Clinic

Free self-guided courses for many mental health concerns. Also offers brief Teletherapy www.mindspot.org.au

This Way Up

Low cost self-help courses with topics such as health anxiety, pregnancy, and PTSD. www.thiswayup.org.au

MoodGYM

Free self-help program that teaches skills to cope with depression and anxiety. www.moodgym.com.au

Counselling Online

Free online support service for alcohol and drug use. Open 24 hours every day. www.counsellingonline.org.au

WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People. www.wellmob.org.au/

QLife

Anonymous LGBTIQ+ peer support, telephone, and webchat services. **1800 184 527** www.qlife.org.au

Blue Knot Foundation

Resources and support for people who have experiences of complex trauma and those who support them. **1300 657 380** <https://blueknot.org.au>

Griefline

Free phone and online counselling, resources and moderated forums to help individuals cope with grief and loss **1300 845 745**
<https://griefline.org.au/>

Cancer Council Australia

Information, support and services for people experiencing cancer, their loved ones and health professionals www.cancer.org.au