

Apps



Beyond Now Suicide Safety Plan

Free app you can use to create a suicide safety plan to help you cope when you're feeling suicidal.



Daybreak

Free app which supports people to cut down or take a break from drinking.



ReachOut WorryTime

Free app to learn skills to manage worry.



Smiling Mind

A free mindfulness meditation website and app



ReachOut Breathe

Free app which reduces the physical symptoms of stress and anxiety by teaching you to slow down your breathing and heart rate.



MoodMission

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

Suggestions for You

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National Standard 2. Partnering with Consumers



Psychology Resources in the Community

This pamphlet can help you find support when you leave hospital



Crisis Services

Mental Health Service

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 online support for depression, anxiety, chronic pain, PTSD etc. Also offers weekly contact with experienced therapists. 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

Centre for Clinical Interventions

Free online courses with topics such as worry, sleep, health anxiety, depression, and assertiveness.

www.cci.health.gov.au/Resources/Looking-After-Yourself

OnTrack

Free online programs for alcohol reduction, depression, diabetes, and psychosis. www.ontrack.org.au/web/ontrack/programs

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