

let's talk

online help for mental health concerns



Australian Drug Foundation – www.adf.org.au

The Australian Drug Foundation is one of Australia's leading bodies dedicated to preventing alcohol and other drug problems in communities across the nation. The foundation develops and distributes free and quality assured information on alcohol, other drugs and harm prevention through a range of programs, websites and services.

Beyondblue – www.beyondblue.org.au

Beyondblue offers online counselling, support and referrals from 3pm to midnight, 7 days a week. The website provides information relating to depression and anxiety disorders, as well as options for treatment, recovery and staying well.

Black Dog Institute – www.blackdoginstitute.org.au

The Black Dog Institute website provides information for health professionals and the wider community about mood disorders such as depression and bipolar disorder. The site offers a range of self-tests, personal stories, fact sheets and tips for getting help.

Carers NSW – www.carersnsw.org.au

This service provides practical information for carers, as well as information to help service providers better understand the needs and experiences of carers. The Carers NSW website contains information about support groups and programs, insights into caring roles, and advice for carers.

Counselling Online – www.counsellingonline.org.au

The Counselling Online website allows you to chat with a professional counsellor about an alcohol or drug related concern, using text-communication. The service is free for anyone seeking help for their own alcohol or drug use, as well as those concerned about a family member, relative or friend. Online counselling is available 24/7 and the site also provides an online tool for self-assessment, should you feel you have a problem and don't know where to start.

Headspace – www.headspace.org.au

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12 to 25 year olds. If you don't have a Headspace centre nearby or you don't feel ready to visit a centre, Headspace provides confidential online and telephone support, and can help with a broad range of issues including bullying, drug and alcohol problems, depression and anxiety, relationships and concerns about friends and fitting in.

Mindhealthconnect – www.mindhealthconnect.org.au

The Mindhealthconnect website aims to provide unbiased, trusted and up-to-date information, online programs and resources, to empower and enable people to make informed choices regarding their mental health concerns.

Kids Helpline – www.kidshelp.com.au

The Kids Helpline website provides webchat and email counselling. It is aimed at young people aged 5 to 25 years and provides an interactive space for kids to explore issues that are important to them. The site features tips and information on common concerns, as well as stories from kids who have experienced and overcome challenges in their lives.

Lifeline – www.lifeline.org.au

The Lifeline website provides online crisis support chat from 7pm to 4am, 7 days a week. The website also has information and fact sheets, real stories and self-help tools. Available information covers a wide range of topics including suicide prevention, depression, financial problems and loss and grief.

Reach Out – au.reachout.com

ReachOut.com is a youth focused website providing help with tough times, sex, friends and drugs. The website has information and tools to help with physical and mental health issues, bullying, abuse and violence, alcohol and other drugs and getting help.

SANE Australia – www.sane.org

SANE Australia is a national charity working towards a better life for people affected by mental illness, through campaigning, education and research. SANE's website provides fact sheets and guides about mental illness, treatments and supports, for people living with a mental illness, families and carers, health professionals and students.

The Salvation Army – www.salvos.org.au

The Salvation Army offers a wide range of humanitarian programs and services. The website provides contact details for Salvation Army services and programs, as well as information and support options for addiction services, financial assistance, accommodation and housing, domestic violence, problem gambling, youth services and family and personal support.

If you're concerned about yourself or someone else's mental health you can call the NSW Mental Health Line 1800 011 511 for advice. If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.



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