

Online support and information

1. Beyondblue

www.beyondblue.org.au

1300 224 636

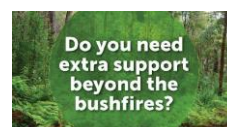
Learn more about anxiety, depression and suicide prevention, or talk through your concerns with the Beyondblue Support Service with a trained mental health professional.



2. Beyond the Bushfires Information

www.beyondthebushfires.com.au

Local website containing relevant support information relating to Vic 2009 Bushfire anniversary.



3. REACHOUT

www.reachout.com

Practical support, tools and tips for adolescents and parents.



4. myCompass

www.mycompass.org.au

A personal self-help tool for your mental health.

MYCOMPASS

5. moodgym

www.moodgym.com.au

Moodgym is an interactive self-help book which helps you learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

moodgym®

6. SANE

www.sane.org

National mental health charity supporting mental health awareness, information, specialist support, research and advocacy.

SANE
AUSTRALIA

7. Smiling Mind

www.smilingmind.com.au

This free app offers a wide range of mindfulness programs for both children and adults.



8. 1GiantMind

www.1giantmind.com

This free app can help teach you how to meditate in 12 easy steps.



9. THIS WAY UP

www.thiswayup.org.au

This free app provides online learning programs, education and research in anxiety, depressive disorders and physical health.



10. Onlyhuman

www.onlyhumanapp.com

This free app can help you create habits of self-care.

