

# Accessing mental health services in NSW

March 2020



Many people may be feeling anxious, worried or afraid as new steps are introduced to stop the spread of COVID-19.

Looking after the mental health of ourselves, friends and family is an important part of staying well.

There are a number of high quality services we can access free from home.

The below websites have a mixture of self-guided mental health resources and programs as well as one-on-one connection to professionals through webchat, online counselling and phone services.

## Gateways to Mental Health online services

Find out more about online and telephone services available across NSW

NSW Mental Health Services	Categorised List of NSW Mental Health Services	<a href="https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx">https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx</a>
Head to Health	Navigation platform for links to Australian online and phone supports	<a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a>
Health Direct	Direct links to etherapy services	<a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a>
Lifeline	Online resources, phone counselling, text chat and webchat	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>

## Individual websites

Target	Platform	Resources	Link
General population	Beyond Blue	Online resources, webchat, phone calls, online forums	<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
	Lifeline	Online resources, phone counselling, text chat and webchat	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
	Black Dog Institute	Online resources and online clinic	<a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>
	Thiswayup	Online courses to improve mental health. Free access to anxiety courses till 30 April	<a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
	Mycompass	Online personalised self help tool designed by Blackdog	<a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
	Mental Health Online	24/7 support, programs and e-therapists	<a href="https://www.mentalhealthonline.org.au/pages/signup">https://www.mentalhealthonline.org.au/pages/signup</a>
	MindSpot	Free online clinic, resources, and courses	<a href="https://mindspot.org.au/">https://mindspot.org.au/</a>
	ECentre Clinic	Run by Macquarie University, free online mental health courses	<a href="https://www.ecentreclinic.org/">https://www.ecentreclinic.org/</a>

Target	Platform	Resources	Link
Children & young people	Kids Helpline	Phone, webchat and email counselling	1800 55 1800 <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
	Headspace	Phone, webchat and email counselling	<a href="https://headspace.org.au/">https://headspace.org.au/</a>
	Mood Gym	Online course designed for ages 15-25	<a href="https://moodgym.com.au/">https://moodgym.com.au/</a>
	ReachOut	Online coronavirus resources  Has reviewed mobile apps and tools to help you look after your health and wellbeing.	<a href="https://au.reachout.com/">https://au.reachout.com/</a>  <a href="https://au.reachout.com/tools-and-apps">https://au.reachout.com/tools-and-apps</a>
	The Brave Program	Free online anxiety program for children	<a href="https://brave4you.psy.uq.edu.au/child-program">https://brave4you.psy.uq.edu.au/child-program</a>
Parents and teachers	Black Dog Institute	Online resources	<a href="https://www.blackdoginstitute.org.au/news/news-detail/2020/03/22/coronavirus-reassuring-your-child-about-the-unknown">https://www.blackdoginstitute.org.au/news/news-detail/2020/03/22/coronavirus-reassuring-your-child-about-the-unknown</a>
	Emerging Minds	For children and their families. Resources, webinars, toolkits	<a href="https://emergingminds.com.au/">https://emergingminds.com.au/</a>
	The Brave Program	Free online program for parents	<a href="https://brave4you.psy.uq.edu.au/child-program">https://brave4you.psy.uq.edu.au/child-program</a>
24 hour suicide risk & emergency lines	Lifeline	Crisis support	13 43 57 <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
	Suicide Call Back Service	Online counselling, video chat and phone services	1300 659 467 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
	NSW Mental Health Line	Staffed by mental health professionals to put people in contact with a local mental health service	1800 011 511
Men specific	MensLine	Resources, phone and online counselling – including for fathers.	<a href="https://mensline.org.au/">https://mensline.org.au/</a>
New parents	PANDA	Resources and help for new parents	<a href="https://www.panda.org.au/">https://www.panda.org.au/</a>
	Mum Mood Booster	Online interactive treatment sessions	<a href="https://mummoodbooster.com/public/">https://mummoodbooster.com/public/</a>
	COPE	Online resources for new parents and families	<a href="https://www.cope.org.au/new-parents/">https://www.cope.org.au/new-parents/</a>