

[1. beyondblue](#)

<http://www.beyondblue.org.au/> [Tweet](#)

5 out of 5 stars

Australia, National services Creator:

beyondblue Last reviewed: 28/08/2018

Review: Innovative peak organisation increasing awareness and understanding of depression, anxiety and other mental health issues. Excellent site for information about comorbidity. Online forums and other self-help tools are easily accessible on the site. 24-hour helpline counselling and online chat are also available. Access to online information and bulk purchase resources. Specific sections for youth, families, older people, pregnant and post-natal women, men, GLBTIQ, people from multicultural backgrounds, teachers, counsellors, health professionals and students. Definitely Australia's go-to site for tips, hints and reassurance for all issues related to mental health.

Tags: [Anxiety](#), [Comorbidity](#), [Counselling](#), [Depression](#), [Families](#), [Helpline](#), [Information](#), [Men](#), [Mental health](#), [Multicultural](#), [News](#), [Online](#), [Peak bodies](#), [Pregnancy](#), [Prevention](#), [Research](#), [Self-help](#), [Statistics](#), [Women](#), [Youth](#)

[2. 24/7 anonymous crisis support - The Samaritans](#)

<http://www.thesamaritans.org.au> [Tweet](#)

5 out of 5 stars

Australia, WA Creator: The Samaritans Last reviewed: 16/05/2018

Review: A 24/7 telephone helpline counselling service for people who may be struggling with addiction or substance abuse, mental health issues, comorbidity, depression, personal problems, or who are suicidal. Options available for persons with a multicultural background or who are deaf or have other disabilities which make talking on a telephone difficult. The organisation also uses volunteers to conduct a respected outreach education program providing health promotion, harm reduction and awareness to reduce the risk of suicide. The latter program has options for schools and community groups.

Tags: [Comorbidity](#), [Counselling](#), [Depression](#), [Disabilities](#), [Education](#), [Helpline](#), [Mental health](#), [Multicultural](#), [Outreach](#), [Telephone](#), [Volunteers](#)

[3. This way up](#)

<http://www.gpcare.org/> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: St Vincent's Hospital

Last reviewed: 26/03/2018

Review: An evidence-based online self-help tool for people experiencing depression, anxiety or generally wishing to improve their mental health. The tool includes an online assessment and screening element which is individually analysed by psychologists working within the mental health unit at St Vincent's Hospital. Participants can then access complementary online worksheets, homework and a forum to encourage peer support. An excellent resource for people who are living in rural or remote locations. General practitioners and other medical professionals can support patients through the steps if required. Online training for professionals is available.

Tags: [Anxiety](#), [Assessment](#), [Clinical guidelines](#), [Depression](#), [Education](#), [Health promotion](#), [Mental health](#), [Online](#), [Peer support](#), [Professionals](#), [Screening](#), [Self-help](#)

[4. Bullying and cyberbullying - Beyond Blue](#)

<https://www.youthbeyondblue.com/understand-what's-going-on/bullying-and-cyberbullying> [Tweet](#)

5 out of 5 stars

Australia Creator: Beyond Blue Last reviewed:
19/02/2018

Review: General information about bullying and cyberbullying. Includes tips for the prevention of harms, including depression and anxiety, by better understanding what bullying is and how to protect yourself, your family or friends if one becomes the target of face-to-face or cyber bullying. The site includes self-help tips, a link to online counselling and a 24/7 telephone helpline number. Beyond Blue generally promotes a number of prevention strategies which encourage functioning mental health. Targetted to youth and people who work with youth.

Tags: [Anxiety](#), [Depression](#), [Helpline](#), [Information](#),
[Mental health](#), [Online](#), [Prevention](#), [Self-help](#),
[Telephone](#), [Youth](#)

[5. WayAhead Workplaces](#)

<https://workplaces.wayahead.org.au/> [Tweet](#)

5 out of 5 stars

Australia Creator: WayAhead - Mental Health Association NSW Last reviewed:

11/12/2017

Review: Professional association providing networking, professional development and other resources to encourage and promote positive mental health and wellbeing in workplaces.

Although general information and tips to reduce anxiety and depression are accessible to anyone, professional development and all other resources (apps, articles, audio and visual support materials, case studies, e-books, news, blog and reports) are only available to financial members. Originally known as the Workplace Health Promotion Network.

Tags: [Anxiety](#), [Associations](#), [Depression](#), [Health promotion](#), [Mental health](#), [Professional development](#), [Professionals](#), [Resources](#), [Workplaces](#)

[6. Palladium Private](#)

<http://www.palladium-private.com/> [Tweet](#)

0 out of 5 stars

Australia, QLD Creator: Palladium Private

Last reviewed: 28/04/2018

Review: Residential treatment for people who are suffering from depression, anxiety, PTSD, alcohol & drug addiction, eating disorders, chronic fatigue and related issues. Provides detox, mind therapies and alternative treatments.

Online self-referral or referral from a medical practitioner. Located on the Sunshine

Coast. Note: This is a review of the provider's website and the information on it, not a review of the quality of their services.

Tags: [Addiction](#), [Alternative treatments](#), [Anxiety](#), [Comorbidity](#), [Counselling](#), [Depression](#), [Detox](#), [Mental health](#), [Online](#), [Referrals](#), [Rehab](#), [Residential treatment](#)

[7. Drug and Alcohol Counselling - Life supports Counselling](#)

<https://lifesupportscounselling.com.au/specialist-areas/drug-and-alcohol-counselling/> [Tweet](#)

0 out of 5 stars

Australia Creator: Life Supports Counselling Last reviewed: 06/02/2018

Review: Network of professional counsellors providing counselling services for individuals, couples and families. Use the search tool to find drug and alcohol or anxiety or depression counselling services in your local area. NOTE: This is a review of the provider's website and the information on it, not a review of the quality of their services.

Tags: [Anxiety](#), [Counselling](#), [Depression](#), [Families](#)

8. Suicide call back service

<https://www.suicidecallbackservice.org.au/> [Tweet](#)

0 out of 5 stars

Australia, National services Creator:

Australian Government - Department of Health -
on the Line Last reviewed: 26/01/2018

Review: A nationwide service that provides 24/7
telephone, video and online professional
counselling to people who are affected by suicide.
A valuable self-help site for people struggling with
anxiety or depression, or for families or carers
who are looking for support. Emergency phone
numbers are provided. Confidential registration is
required for online support.

Tags: [Anxiety](#), [Carers](#), [Counselling](#),
[Depression](#), [Families](#), [Mental health](#), [Online](#),
[Professional](#), [Self-help](#), [Telephone](#)

[9. The Hobart Clinic](#)

<http://www.thehobartclinic.com.au/> [Tweet](#)

0 out of 5 stars

Australia, TAS Creator: The Hobart Clinic

Last reviewed: 02/10/2017

Review: A private, not-for-profit treatment centre for alcohol and other drugs, clinical mental health conditions and other addictions. Assessment, detox, day crisis care, residential treatment and aftercare programs available. Both individual and group therapy options are offered. Written referral from a general practitioner required. Note: This is a review of the provider's website and the information on it, not a review of the quality of their services.

Tags: [Addiction](#), [Aftercare](#), [Anxiety](#),
[Assessment](#), [Comorbidity](#), [Depression](#), [Detox](#),
[Mental health](#), [Rehab](#), [Residential treatment](#)

