

[1. Counselling Online](#)

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

5 out of 5 stars

Australia, National services Creator:

Turning Point Last reviewed: 29/03/2018

Review: Free online, self-help text-based counselling service. Available twenty-four hours, seven days a week for people who use alcohol and other drugs, their family and friends and the broader Australian community. CounsellingOnline can be accessed from any computer or mobile device and is particularly user-friendly for people living in rural and remote areas. In addition, there are alcohol and other drug resources, a self-assessment link, referral services and articles for professionals. Important: The online environment may not be suitable in a crisis situation. If you are seeking help for a medical emergency or crisis involving personal safety (e.g. suicidal feelings, domestic violence or concern about harm to others), please contact the 24-hour alcohol and drug service DirectLine on 1800 888 236.

Tags: [Assessment](#), [Consumers](#), [Counselling](#), [Families](#), [Information](#), [Online](#), [People who use drugs](#), [Referrals](#), [Rural and remote](#), [Self-help](#), [Telephone](#)

[2. Mental Health Professional Online Development \(MHPOD\)](#)

<http://www.mhpod.gov.au/> [Tweet](#)

4 out of 5 stars

Australia Creator: Mental Health Professional Online Development (MHPOD) Last reviewed: 16/11/2018

Review: MHPOD is a professional development tool useful for people working in mental health or general health practice. Participants can earn their Professional Certificate in Mental Health Practice through online learning.

Tags: [Comorbidity](#), [Mental health](#), [Online](#), [Professional development](#), [Professionals](#), [Workplaces](#)

[3. Online resource library - Gay and Lesbian Health Victoria](#)

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

4 out of 5 stars

Australia, VIC Creator: Gay and Lesbian

Health Victoria Last reviewed: 16/06/2018

Review: Online library with extensive information about GLBTI health and related subjects. Content is classified by subject area (e.g. drug and alcohol, violence, multicultural, health promotion) and target audience. Full-text search option is also available. Suitable for both individuals and professionals.

Tags: [GLBTIQ](#), [Health promotion](#), [Libraries](#), [Mental health](#), [Multicultural](#), [Online](#), [Violence](#)

[4. Online Intergroup - Alcoholics Anonymous](#)

<http://www.aa-intergroup.org/> [Tweet](#)

4 out of 5 stars

International Creator: Alcoholics Anonymous

Last reviewed: 14/05/2018

Review: Access to 24/7 online peer support managed by Alcoholics Anonymous. Includes multicultural options, AA philosophy, and access to online chat or email support. While it is possible for people who use drugs other than alcohol and are experiencing dependency challenges to access the open meetings, only consumers with specific alcohol addiction or dependence challenges can attend closed meetings. The site includes a section for drug intervention professionals. Note, the cyber options include groups for people choosing the support of like individuals such as men only or women only or GLBTIQ. This site demonstrates an innovative option provided by one of the longest established self-help groups offering options which allow for both out-of-hours access and global anonymity.

Tags: [Addiction](#), [Alcohol](#), [Consumers](#), [Email](#), [Events](#), [GLBTIQ](#), [Men](#), [Multicultural](#), [Online](#), [Peer support](#), [People who use drugs](#), [Self-help](#), [Women](#)

[5. Australian Policy Online - Swinburne University of Technology](#)

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

5 out of 5 stars

Australia Creator: Swinburne University of Technology Last reviewed: 13/11/2018

Review: A not-for-profit, open access digital library for researchers, policy makers and practitioners to discover, share and manage public knowledge resources. Online access to full text articles and research outcomes on a wide range of social, economic, cultural and political topics. Popular topics include drug abuse, crime, alcohol, treatment, methamphetamine abuse, Indigenous, youth, public health, politics and social issues, and social health. Best suits students and both government and NGO professionals.

Tags: [Addiction](#), [Alcohol](#), [Amphetamines](#), [Crime](#), [Databases](#), [Government](#), [Indigenous](#), [News](#), [Online](#), [Policy](#), [Professionals](#), [Research](#), [Resources](#), [Statistics](#), [Students](#)

[6. Journal of Ethnicity in Substance Abuse - Taylor and Francis Online](#)

<http://www.tandfonline.com/toc/wesa20/current>
[Tweet](#)

4 out of 5 stars

UK Creator: Taylor and Francis Group Last reviewed: 28/06/2018

Review: A professional peer-reviewed journal presenting rigorous studies and research on ethnicity and cultural variation in drug misuse. Access to abstracts online. Full text articles only available if accessing through a library or personal subscription.

Tags: [Journals](#), [Multicultural](#), [Online](#), [Research](#)

[7. Lifeline Australia](#)

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

5 out of 5 stars

Australia, National services Creator:

Lifeline Australia Last reviewed:

31/08/2018

Review: A central point for accessing information and support for mental health and comorbidity. The go-to site for people who are feeling suicidal or for families and friends who are concerned about the stability of someone for whom they care. Access to a telephone helpline, online support chat, self-help tools, factual information, research reports, a resource centre, resources and educational programs for schools. Runs a number of campaigns in the community to raise awareness and offers training.

Tags: [Campaigns](#), [Comorbidity](#), [Consumers](#), [Counselling](#), [Helpline](#), [Mental health](#), [Online](#), [Professional development](#), [Research](#), [Self-help](#), [Service directories](#), [Telephone](#), [Training](#)

8. Knowledge Application Program - Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov/kap> [Tweet](#)

5 out of 5 stars

USA Creator: Substance Abuse and Mental Health Services Administration Last reviewed: 27/06/2018

Review: Provides substance abuse treatment professionals with extensive publications, online education and other resources to improve clinical treatment practices. Resources available in multiple languages and for diverse population groups. Many of the resources can be downloaded for free. Includes access to resources addressing complex medical presentations such as managing chronic pain in adults who are recovering from opioid addiction or dependence. Access to online e-Learning.

Tags: [Addiction](#), [Clinical guidelines](#), [Education](#), [Harm reduction](#), [Information](#), [Medical](#), [Online](#), [Professional development](#), [Professionals](#)

[9. Clearing the Cloud - National Drug and Alcohol Research Centre](#)

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

5 out of 5 stars

Australia, National services Creator:

National Drug and Alcohol Research Centre Last reviewed: 14/05/2018

Review: An international research portal with innovative evidence-based online prevention, treatment and information self-help programs for people with addiction or dependence issues, or are experiencing depression, anxiety, psychosis or trauma. Access to free, online short-term targeted programs and information booklets on comorbidity and drug education for students, teachers and parents, and people who use drugs. Programs can also be used with the support of counselling professionals.

Tags: [Addiction](#), [Comorbidity](#), [Counselling](#), [Education](#), [eHealth](#), [Families](#), [Information](#), [Mental health](#), [Online](#), [People who use drugs](#), [Prevention](#), [Rehab](#), [Research](#), [Resources](#), [Self-help](#), [Students](#), [Teachers](#)

[10. National Center on Substance Abuse and Child Welfare - Substance Abuse and Mental Health Services Administration](#)

<http://www.ncsacw.samhsa.gov/> [Tweet](#)

5 out of 5 stars

USA Creator: Substance Abuse and Mental Health Services Administration Last reviewed: 03/05/2018

Review: A national resource centre providing information, expert consultation, training and technical assistance to child welfare, dependency court and substance abuse treatment professionals to improve the safety and recovery outcomes for children, parents and families. Access to US statistics, research abstracts, online tutorials, downloadable resources, and guidelines for professionals to assist in their collaborative work with multiple agencies. Use the search tool to access links and information available on this comprehensive site.

Tags: [Children](#), [Families](#), [Information](#), [Online](#), [Parents](#), [Professional development](#), [Professionals](#), [Research](#), [Training](#)

