

## eMH Resources for Young People

### Help and Support:

- **Kids Helpline** – 1800 55 1800
- [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
  - 5 – 25 year olds
  - Separate parts of the site for kids and young people
  - Access to phone chat, web chat and email chat
  - Information pages about sex and development, sex and identity, money matters dealing with difficult news and tragic events, exam stress, family relationships, blended families, bullying and more
- **headspace** – [www.headspace.org.au](http://www.headspace.org.au)
  - Information about headspace services and locations
  - Information about young people and mental health
  - Direct link to eheadspace site
- **eheadspace** – [www.eheadspace.org.au](http://www.eheadspace.org.au)
  - 16 – 25 year olds
  - Phone and online chats, online discussion groups (live info sessions)
- **ReachOut** – [www.reachout.com](http://www.reachout.com)
  - 16-25 year olds
  - Information about mental health and young people
  - Information about “mental fitness” (eg relaxation, coping skills, personal strengths)
  - Information about helpful apps
  - Peer moderated forum
- **BITE BACK** – [www.biteback.org.au](http://www.biteback.org.au)
  - 12-25 year olds
  - Information about mental health and young people
  - Information about mental fitness
  - Interactive sections based on positive psychology
- **The Butterfly Foundation** - <http://thebutterflyfoundation.org.au/>
  - Information and support for eating disorders
  - Access to phone counselling

- **CanTeen** - [www.canteen.org.au](http://www.canteen.org.au)
  - Support for 12-24 year olds struggling with a cancer diagnosis in themselves or in friends or family
  - information, peer support groups, access to counselling

## **Developing Skills, Building Resilience and Treating Mild to Moderate Depression, Anxiety and Stress:**

- **MoodGYM** - [www.moodgym.com.au](http://www.moodgym.com.au)
  - CBT based program developed for resilience building in young people
  - Suitable for 16 and up
  - Suitable for treatment as well as resilience building
- **myCompass** – [www.mycompass.org.au](http://www.mycompass.org.au)
  - CBT and ACT based program with problem specific modules and smart phone based tracking facility (for mood monitoring)
  - Suitable for 16 and up
  - Psychological skills development and treatment of mild to moderate mental health conditions
- **MindSpot Clinic Mood Mechanic Course** - [www.mindspot.org.au](http://www.mindspot.org.au)
  - 18-25 year olds
  - Online wellbeing course
  - Virtual clinic structure with regular contact with counsellor by phone or email while enrolled in course
- **The BRAVE Program** – [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)
  - 2 separate CBT- based anxiety treatment program for 8 to 12 year olds and 12 to 17 years olds
  - Includes preregistration demo program and demo program for parents
- **OCD? Not Me!** - [www.ocdnotme.com.au](http://www.ocdnotme.com.au)
  - OCD treatment program for 12-18 year olds
  - Parent and family support included
- **Smiling Mind App** – [www.smilingmind.com.au](http://www.smilingmind.com.au)
  - Smart phone based mindfulness training exercises for 7 years and up