

Digital Mental Health Resources for Crisis Support



Low cost (services without this icon are free)



Counsellor/Coach/Therapist assistance
included or available



Health Practitioner Integration



Available for download on Apple app store



Available for download on Google play store

E-Mental Health Resources - Crisis Support


CRISIS*

*N.B. The services below are general Crisis services. For more specific phone or web counselling services, please search using Diagnosis or Specialist Target Group.

<p>1800 RESPECT  </p> <p>24hr telephone and online counselling service to assist people experiencing sexual, domestic and family violence.</p>	<p>http://www.1800respect.org.au/ 1800 737 732</p>
<p>Beyond Blue Support Service </p> <p>Telephone, online and email counselling for people going through a tough time.</p>	<p>http://www.beyondblue.org.au/get-support/get-immediate-support 1800 224 636</p>
<p>Griefline </p> <p>Phone counselling services, peer support forums and information for individuals and families who are experiencing loss and grief.</p>	<p>http://www.griefline.org.au/ 1300 845 745</p>
<p>Kids Helpline </p> <p>Phone and real time web-based crisis support.</p>	<p>http://www.kidshelpline.com.au/ 1800 55 1800</p>
<p>Lifeline </p> <p>Phone and real time online crisis support.</p>	<p>http://www.lifeline.org.au/crisis-chat/ 13 11 14</p>
<p>Mensline Australia  </p> <p>Telephone, online counselling, online peer support and information for men with concerns about mental health, anger management, family violence, addiction, relationships, stress and wellbeing.</p>	<p>http://www.mensline.org.au/ 1300 78 99 78</p>
<p>No To Violence </p> <p>Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).</p>	<p>https://www.ntv.org.au 1300 766 491</p>
<p>Rape and Domestic Violence Services Aus.  </p> <p>Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault, domestic violence. Includes LGBTIQ+ specific support.</p>	<p>https://www.rape-dvservices.org.au/</p>
<p>Samaritans Crisis Line </p> <p>Anonymous, non-judgemental, non-religious emotional support and counselling over the phone.</p>	<p>http://www.thesamaritans.org.au/ 135 247</p>
<p>Suicide Call Back Service </p> <p>Phone and online counselling for people at risk of suicide or those bereaved by suicide.</p>	<p>http://www.suicidcallbackservice.org.au/ 1300 659 467</p>

NATURAL DISASTERS*

*Some of these sites are listed elsewhere in this guide, but are included here as they have developed disaster-specific resources.

<p>Australian Psychological Society A guide to Psychological first aid, supporting people affected by disaster.</p>	<p>https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster</p>
<p>Beyond Blue Get information on: support following a traumatic event, bushfires and mental health, looking after yourself and police and emergency services personnel mental health.</p>	<p>www.beyondblue.org.au/the-facts/bushfires-and-mental-health/</p>
<p>Birdie's Tree (Children's Health QLD) A suite of resources to help families (particularly expectant parents, babies and young children) prepare for, cope with and recover from a natural disaster.</p>	<p>https://www.childrens.health.qld.gov.au/natural-disaster-recovery/</p>
<p>Brother to Brother Crisis Line Phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.</p>	<p>https://www.dardimunwurro.com.au/brother-to-brother/</p>
<p>Black Dog Institute Bushfire Support Service Information on coping with the stress of bushfires and finding support.</p>	<p>https://bushfiresupport.blackdoginstitute.org.au/</p>
<p>Emerging Minds A trauma toolkit for communities, families and individuals, recovering from a traumatic event.</p>	<p>https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</p>
<p>Headspace Information for young people on coping with natural disasters.</p>	<p>https://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters/?stage=Live</p>
<p>ifarmwell A free, online toolkit to help farmers cope effectively with life's challenges and get the most out of every day.</p>	<p>http://www.ifarmwell.com.au</p>
<p>Kids Helpline  Phone and real time web-based crisis support for youth (5-25 years), and information on coping with natural disasters.</p>	<p>http://www.kidshelpline.com.au/teens/issues/coping-natural-disasters 1800 55 1800</p>
<p>Lifeline Toolkits Toolkit on coping with natural disasters, including bushfires, floods and droughts.</p>	<p>http://www.lifeline.org.au/resources/toolkit-downloads 13 11 14</p>

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<p>Open Arms</p> <p>Information for Australian veterans and their families on how to cope with bushfires with resilience.</p>	<p>http://www.openarms.gov.au/about/news/2020/bushfires-resilience-and-recovery</p>
<p>ParentLine</p> <p>Tips and information to help families with children cope with a crisis or disaster.</p>	<p>https://parentline.com.au/kids/issues/coping-crisis-or-disaster</p>
<p>Peak Fortem</p> <p>Information and practical tools to promote mental fitness, increase performance and improve wellbeing for Australian first responders.</p>	<p>https://peakfortem.fortemaustralia.org.au/home</p>
<p>Phoenix Australia Centre for Posttraumatic Mental Health </p> <p>Resources for health practitioners, first responders and the community to help people recover from traumatic events.</p>	<p>https://www.phoenixaustralia.org/recovery/helping-others/</p>
<p>ReachOut</p> <p>Get information on: managing your wellbeing, how to deal with the stress of natural disasters and helping teens deal with stress from a natural disaster.</p>	<p>https://au.reachout.com/articles/how-to-deal-with-the-stress-of-bushfires-floods-earthquakes-and-cyclones</p>
<p>ReachOut Digital Drought Care Package</p> <p>Practical tips, personal stories and links to drought support services to help young people and their parents or carers deal with the stress from drought.</p>	<p>http://reachout.com/drought</p>