

Accessing mental health services in NSW

June 2021



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

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

Individual websites

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

| Target | Platform | Resources | Link |
|--|----------------------------|---|--|
| Children & young people | Kids Helpline | Phone, webchat and email counselling | 1800 55 1800 https://kidshelpline.com.au/ |
| | Headspace | Phone, webchat and email counselling | https://headspace.org.au/ |
| | Mood Gym | Online course designed for ages 15-25 | https://moodgym.com.au/ |
| | ReachOut | Online coronavirus resources Has reviewed mobile apps and tools to help you look after your health and wellbeing | https://au.reachout.com/ https://au.reachout.com/tools-and-apps |
| | The Brave Program | Free online anxiety program for children | https://brave4you.psy.uq.edu.au/child-program |
| Parents and teachers | Emerging Minds | For children and their families. Resources, webinars, toolkits | https://emergingminds.com.au/ |
| | The Brave Program | Free online program for parents | https://brave4you.psy.uq.edu.au/child-program |
| 24 hour suicide risk & emergency lines | Lifeline | Crisis support | 13 43 57 https://www.lifeline.org.au/ |
| | Suicide Call Back Service | Online counselling, video chat and phone services | 1300 659 467 https://www.suicidcallbackservice.org.au/ |
| | 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. | https://mensline.org.au/ |
| New parents | PANDA | Resources and help for new parents | https://www.panda.org.au/ |
| | Mum Mood Booster | Online interactive treatment sessions | https://mummoodbooster.com/public/ |
| | COPE | Online resources for new parents and families | https://www.cope.org.au/new-parents/ |
| | Tresillian Early Parenting | Professional advice, education and guidance to families with a baby, toddler or pre-schooler | https://www.tresillian.org.au/ |
| | Gidget Foundation | Support services for families suffering emotional distress during pregnancy and early parenting | https://gidgetfoundation.org.au/ |