

e-Mental Health Resources

- For the management of mild-moderate depression & anxiety
- Convenient, flexible, accessible
- Low or no cost
- Work through modules / courses
- Some provide feedback by health professionals

Program	Modules	
<p>myCompass www.mycompass.org.au</p>	<ol style="list-style-type: none"> 1. Solving problems 2. Setting SMART goals 3. Managing stress & overload 4. Breathing & relaxation 5. Managing fear & anxiety 6. Communicating clearly 7. Tackling unhelpful thinking 	<ol style="list-style-type: none"> 8. Managing loss / life changes 9. Sleeping well 10. Managing depression for men 11. People with diabetes 12. Taking charge of worry 13. Building happiness & wellbeing 14. Increasing pleasurable activities
<p>MoodGym www.moodgym.anu.edu.au</p>	<ol style="list-style-type: none"> 1. Feelings 2. Thoughts 3. Unwarping 	<ol style="list-style-type: none"> 4. De-stressing 5. Relationships
<p>This Way Up www.thiswayup.org.au</p>	<ol style="list-style-type: none"> 1. Mixed depression & anxiety 2. Depression 3. Worry 4. Social Anxiety 5. Health Anxiety 6. Panic attacks 7. OCD 8. PTSD 	<ol style="list-style-type: none"> 9. Covid-19 10. Mindfulness 11. Stress 12. Insomnia 13. Chronic Pain 14. Peri-natal 15. Teenage 16. Student wellbeing
<p>Mindspot www.mindspot.org.au</p>	<ol style="list-style-type: none"> 1. Wellbeing 2. Indigenous wellbeing 3. Mood mechanics 	<ol style="list-style-type: none"> 4. OCD 5. PTSD 6. Pain
<p>e-couch www.ecouch.com.au</p>	<ol style="list-style-type: none"> 1. Depression 2. Anxiety & Worry 3. Social Anxiety 	<ol style="list-style-type: none"> 4. Divorce & Separation 5. Loss & Bereavement
<p>Mental Health Online www.mentalhealthonline.org.au</p>	<ol style="list-style-type: none"> 1. Depression 2. Generalised anxiety 3. Social anxiety 	<ol style="list-style-type: none"> 4. OCD 5. PTSD 6. Panic disorder
<p>Reach Out www.au.reachout.com</p>	<ol style="list-style-type: none"> 1. Sleep 2. Coping 3. Coronavirus 4. Bullying 5. Sadness 6. Setting goals 7. Friendships / Relationships 8. Stress 9. Anger 	<ol style="list-style-type: none"> 10. Communication 11. Loneliness 12. Alcohol & drugs 13. Body image 14. Sex & sexuality / gender 15. Self care / Exercise / Eating 16. Families / Leaving home 17. Exam stress School & study 18. Grief & loss