

## Mental Health and Wellbeing Australian Support Starter Resources

### Considerations for Getting Started

When researching mental health and wellbeing supports it is important to:

1. Check that options are evidence-based and provided by appropriately qualified and reliable providers.
2. Take into account a person's geographical location for appropriateness of recommendations and access to support services.
3. Take into account the person's mental health support preferences: information gathering, self-help tools, self-paced learning courses, access to a qualified professional.
4. Take into account a person's communication preferences: written information, messaging services, app-based, community chat forums, 1-on-1 phone call, online face-to-face or in-person.
5. Note there are also cultural and demographic specialist support service options (not covered here) for example for those identifying as Aboriginal and Torres Strait Islander Australians or LGBTIQ+



### Supports for stress, overwhelm or low mood

**Smiling Mind** is a free app-based tool designed by psychologists and educators with daily meditation and mindfulness programs on topics like wellbeing, sleep, relationships, and concentration. With both adult and kid's options.

<https://www.smilingmind.com.au/smiling-mind-app>

**myCompass** is a free online tool with interactive learning activities that can help you identify unhelpful thoughts, feelings, and behaviours, and learn strategies to deal with them. Designed and developed by researchers at Black Dog Institute.

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/>

**MindSpot** offers free anxiety and depression assessment quizzes, teletherapy and online learning treatment courses if you're experiencing symptoms of stress, worry, anxiety, low mood, or depression. These courses can help you learn about your symptoms and learn proven skills to manage your emotional wellbeing and include support from a Mindspot mental health professional. Created by the psychological research unit at Macquarie University's eCentreClinic.

<https://www.mindspot.org.au/treatment/our-courses/>

**Moodgym** is a rigorously tested free online interactive self-help book which helps you identify your areas of vulnerability and learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

<https://www.moodgym.com.au/>

## Mental Health and Illness information and support options

**Beyond Blue** provides a full range of free information and support options including assessment quizzes, fact sheets, wellbeing action tool and planner, topic forums, directory of mental health professionals, mental health coaches, phone counselling, 24/7 webchat counselling. This includes translation, hearing, and speech services to support access.

<https://www.beyondblue.org.au/>

**Black Dog Institute** is a not-for-profit medical research institute affiliated with UNSW Sydney and provides fact sheets, digital tools, education, and clinical professional support services.

<https://www.blackdoginstitute.org.au/about/who-we-are/>

## Crises Support options

**Lifeline** provides 24/7 compassionate support for people in crisis. No judgement. No conditions. No agenda. Just a human connection to help people get through their darkest moments. Phone 13 11 14, Text 0477 13 11 13, Online chat <https://www.lifeline.org.au/crisis-chat/>

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**Suicide Call Back Service** is a national 24/7 telehealth provider that offers free professional phone and online counselling for people living in Australia who are feeling suicidal, worried about someone, caring for someone suicidal, or has lost someone to suicide. Accessed by phone or online.

<https://www.suicidecallbackservice.org.au/phone-and-online-counselling/>

## Mental Health Skills Training and Education

At the Blueberry Institute we build future-fit leaders and strong teams to thrive through challenge, uncertainty, and change <https://blueberryinstitute.com/how-we-help/>

Our **Mental Health Mastery™ capability building programs** teach leaders and people to recognise the signs for stress, burn-out and mental health problems, how to check in, and offer appropriate help.

Our **Future-Fit Resilience™ capability building programs** teach leaders and people how to healthily manage pressure, stress, change and uncertainty and consistently be well and perform well.

We also provide Mental Health First Aid certificate training in the skills to handle mental health check in conversations and crisis situations. Both in-house training group and public course options are available. <https://blueberryinstitute.com/courses/>

## Connect With and Contact Us

Call, message, follow or [book an introductory chat](#) with Fleur to learn more or discuss your requirements at: [hello@blueberryinstitute.com](mailto:hello@blueberryinstitute.com) or 0404 559 244.

Stay connected on the Socials:

