

Stay Informed

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Online Self-Help

<http://braveonline.psy.uq.edu.au/>

<https://ecouch.anu.edu.au/welcome>

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

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

Local Services

<https://ydir.com.au/>

Information

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

<https://kidshelpline.com.au/teens>

<https://www.youthbeyondblue.com>

<https://headspace.org.au/>

<https://headtohealth.gov.au/>

Apps

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

<https://www.headspace.com>

<https://www.calm.com>

<https://www.happify.com/>

Online counselling

<https://headspace.org.au/eheadspace>

<https://www.sane.org/services/help-centre/content/2>

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

Crisis

<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

24-hour crisis assessment and triage Ballarat Mental Health Services: 1300661323

Phone Numbers

Kids Helpline: 1800551800

Lifeline: 131114

Phone counselling- Sane Australia 1800187263

Lifeline Text line: 0477131114