Stay Informed

Online Self-Help
http://braveonline.psy.uq.edu.au/
https://ecouch.anu.edu.au/welcome
https://www.thedesk.org.au

Local Services

Information
https://www.mentalhealthonline.org.au/
https://www.youthbeyondblue.com
https://headspace.org.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


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