

Online or Phone Counselling Services

If it's an emergency

Online Counselling is not an emergency service so if you're in an emergency situation or need immediate assistance, contact mental health services, go to your local emergency department or call emergency services on 000. If you need to speak to someone urgently, call [Lifeline 13 11 14](tel:131114) or [Kids Helpline 1800 551 800](tel:1800551800).



Headspace

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

Group Chats or Connect 1 on 1

1800 6501

1800 RESPECT

24/7 national domestic violence and sexual support service. Telephone and on line counselling

All ages

1800 737 732

www.1800respect.org.au

Butterfly Foundation Web Counselling

Live, 1 to 1 counselling service to anyone who is concerned about an eating disorder, disordered eating or body image problems. Ages 14+

8 am to 9 pm

1800 334 673

www.thebutterflyfoundation.org.au

Drug & Alcohol Counselling

24/7

All ages

1800 888 236

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

Kids Helpline Chat

24/7 online counselling and phone counselling service

Ages 5 – 25 year

1800 551 800

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

MensLine Australia

Supporting men of all ages deal with relationship problems

Online 3 pm till 8.30 pm Phone 34/7

1300 789 978

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

Lifeline Crisis Chat

Online Web counselling.

Ages 15+ 7 pm – 12 am

131 144

<https://www.lifeline.org.au/get-help/online-services/crisis-chat>

QLife

Counselling and referral service for people of diverse sex, genders and sexualities of all ages

Online 24/7 Phone 5.30 pm till 10.30 pm

1800 184 527

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



Butterfly
Foundation for Eating Disorders



Kids
Helpline
1800 55 1800



Mens
Line
Australia



Crisis Support. Suicide Prevention.



LIFE



Queensland
Government



Suicide Call Back Service

Free Nationwide professional telephone and online counselling for any affected by suicide.

Online Mon, Tue, Thu, Fri & Sun 2.30 pm – 7 pm Sat 10.30 am – 3 pm
Phone 24/7

1300 659 467

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



E-couch

Self-directed online cognitive behaviour therapy program for young people experiencing anxiety, depression, grief and anger.

Ages 16+

Website: ecouch.anu.edu.au

Guide: schools.au.reachout.com/articles/ecouch



Mental Health Online

Online anxiety assessment and treatment program, that also screens for 14 other common psychological conditions.

Ages 18+

Website: mentalhealthonline.org.au

Guide: schools.au.reachout.com/articles/mental-health-online



MindSpot

National online and telephone treatment for anxiety and depression, with support contact from therapists arranged during assessment.

All ages.

Website: mindspot.org.au



MoodGym

Online self-directed cognitive behaviour therapy program for anxiety and depression.

Ages 16+

Website: moodgym.com.au

Guide: schools.au.reachout.com/articles/moodgym



MyCompass

Online mood tracking tool and treatment program for mild to moderate stress, anxiety and depression. Run by the Black Dog Institute.

Ages 18+

Website: mycompass.org.au



OnTrack

Online cognitive behaviour therapy and mindfulness based treatment program for people suffering symptoms of depression, alcohol dependence, psychosis and diabetes.

Designed to supplement work with professionals.

Ages 18+

Website: ontrack.org.au

Guide: schools.au.reachout.com/articles/ontrack



This Way Up Clinic

Guided online programs for managing anxiety and depression, that can be 'prescribed' by a mental health or allied health professional, plus a range of self-help resources.

All ages with the support of a professional.

Website: thiswayup.org.au

Guide: schools.au.reachout.com/articles/this-way-up

