



# E-health resource: Compulsive Disorders

Online Resources	Description	Link
<b>Beacon 2.0</b>	Directory of online programs, resources, Apps, and support groups	<a href="http://beacon.anu.edu.au">beacon.anu.edu.au</a>
<b>Bite Back</b> 12-18 years	Online space by the Black Dog Institute with resources, videos, chat forums, self-care strategies and progress tracking	<a href="http://biteback.org.au">biteback.org.au</a>
<b>Black Dog Institute</b>	Provides information, fact sheets, and information on getting help	<a href="http://blackdoginstitute.org.au">blackdoginstitute.org.au</a>
<b>Head to Health</b>	Resource with links to websites, apps, programs and forums	<a href="http://headtohealth.gov.au">headtohealth.gov.au</a>
<b>ReachOut</b>	Factsheets, tools, community forums and support	<a href="http://au.reachout.com">au.reachout.com</a>
<b>Young Carers</b> Under 25 years	Online portal for children or young people who help care in families where someone has an illness, disability, mental health issue, or an alcohol or other drug problem	<a href="http://youngcarers.net.au">youngcarers.net.au</a>
Counselling and Treatment	Description	Link
<b>Beyond Blue</b> 12+ years	Online and telephone ( <b>1300 224 636</b> ) counselling, online support forums and a range of information and resources for young people	<a href="http://youthbeyondblue.com">youthbeyondblue.com</a> <a href="http://beyondblue.org.au">beyondblue.org.au</a>
<b>eheadspace</b> 12-25 years	Online or telephone ( <b>1800 650 890</b> ) counselling for a range of issues	<a href="http://eheadspace.org.au">eheadspace.org.au</a>
<b>Kids Helpline</b> 5-25 years	Telephone ( <b>1800 551 800</b> ), online and email counselling and information on anxiety, depression, conflict, sexuality, self-harm and suicide	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>
<b>Mental Health Online</b> 15+ years	Treatment based online service. Users have access to information, clinical assessment, and treatment modules including <b>OCD Stop!</b>	<a href="http://mentalhealthonline.org.au">mentalhealthonline.org.au</a>
<b>Mind Spot</b> 15+ years	Telephone ( <b>1800 614 434</b> ) and online counselling and treatment courses	<a href="http://mindspot.org.au">mindspot.org.au</a>
<b>Mood Gym</b> 15+ years	Online training program with modules on self-awareness, the relationship between thinking and feeling, and interpersonal skills	<a href="http://moodgym.com.au">moodgym.com.au</a>
<b>My Compass</b> 18+ years	Skill building modules (CBT informed), psycho-educational material and supports for users to self-monitor symptoms	<a href="http://mycompass.org.au">mycompass.org.au</a>
<b>OCD Not Me</b> 12-18 years	8 stage online program to help users overcome OCD. The program also offers support to parents and carers	<a href="http://ocdnotme.com.au">ocdnotme.com.au</a>
<b>Sane</b> 15+ years	Telephone counselling, online helpline and forum and resources for patients and family experiencing mental illness	<a href="http://sane.org">sane.org</a>
<b>This Way Up</b> 15+ years	This Way Up offers online courses for <b>obsessive-compulsive disorder</b> . Course Cost: Approximately \$59 per course	<a href="http://thiswayup.org.au">thiswayup.org.au</a>
<b>Head to Health: Mental health hubs</b>	Head to Health hubs are located in Bankstown and Liverpool. Call <b>1800 595 212</b> Monday to Friday, 8.30am to 5pm (except public holidays) to talk to a trained professional about the appropriate support for you.	SWSPHN: Head to Health

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs