



E-health resource: General Mental Wellbeing

Online Resources	Description	Link
Headstart	Web and mobile app providing mental health information specific to South Western Sydney, including resources and local service details	headstart.org.au
ReachOut	Factsheets, tools, community forums and support	au.reachout.com
Counselling and Treatment	Description	Link
Mensline	Telephone (1300 789 978) and online support, information and referrals for men with mental health, drug and alcohol, and relationship concerns	mensline.org.au
Mood Gym 15+ years	Online training program with modules on self-awareness, the relationship between thinking and feeling, and interpersonal skills	moodgym.com.au
Mumspace	Website supporting the mental health and emotional wellbeing of pregnant women, new mums and their families	mumspace.com.au
OnTrack 15+ years	Online programs for achieving mental and physical health and wellbeing for both the individual and those caring for a person with mental illness	ontrack.org.au
Safe Haven Campbelltown	Safe Haven provides a free, non-clinical alternative to the Emergency Department for suicide support	Safe Haven PDF
Head to Health: Mental health hubs	Head to Health hubs are located in Bankstown and Liverpool. Call 1800 595 212 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
Apps	Description	Link
1Giant Mind	12-step meditation tutorial to improve wellbeing	1giantmind.org
Gratitude 365	Encourages individuals to improve their mood and wellbeing by exercising and keeping a daily gratitude journal	gratitude365app.com
Life Charge	Journalling app that helps users reflect on daily events. Encourages users to track and analyse their thinking and see changes over time	vector15.com
Niggle	An app to help track your niggles (feelings that won't go away) and improve your mental wellbeing. Developed by kidshelpline and Queensland University of technology	kidshelpline.com.au
ReachOut.com	Multiple apps (for people 12+ years), including: <ul style="list-style-type: none"> • Recharge – a sleep app that provides a personalised 6-week program focussing on developing healthy sleep/wake patterns to improve mood, energy, and wellbeing • WorryTime – provides tools for managing stress 	au.reachout.com
Smiling Mind	Teaches mindfulness meditation and wellness techniques to improve general health and build resilience	smilingmind.com.au
Stop, Breathe & Think	Mindfulness, meditation, and compassion-building lifestyle tool	stopbreathethink.com

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