



E-health resource: Suicide and Self Harm

Online Resources	Description	Link
Beacon 2.0	Directory of online programs, resources, Apps, and support groups	beacon.anu.edu.au
Bite Back 12-18 years	Online space by the Black Dog Institute with resources, videos, chat forums, self-care strategies and progress tracking	biteback.org.au
Black Dog Institute	Provides information, fact sheets, and information on getting help	blackdoginstitute.org.au
Blue Pages 15+ years	Information about depression and anxiety, online screening tests and links to helpful resources	bluepages.anu.edu.au
Head to Health	Resource with links to websites, apps, programs and forums.	headtohealth.gov.au
ReachOut	Factsheets, tools, community forums and support	au.reachout.com
Young Carers Under 25 years	For children/young people who help care in families where someone has an illness, disability, mental health issue, or drug and alcohol problem	youngcarers.net.au

Counselling and Treatment	Description	Link
eheadspace 12-25 years	Online or telephone (1800 650 890) counselling for a range of issues	eheadspace.org.au
Kids Helpline 5-25 years	Telephone (1800 551 800), online and email counselling and information on anxiety, depression, conflict, sexuality, self-harm and suicide	kidshelpline.com.au
Lifeline	Telephone (13 11 14) crisis support	lifeline.org.au
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
Sane 15+ years	Telephone counselling, online helpline and forum and resources for patients and family experiencing mental illness	sane.org
Suicide Call Back Service 15+ years	The Suicide Call Back Service provides phone (1300 659 467) and online counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide	suicidecallbackservice.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
BeyondNow	Suicide safety planning app by Beyond Blue	beyondblue.org.au
Operation Life	Suicide awareness for veterans, ex-serving personnel, and their families	openarms.gov.au

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