



E-health resource: Trauma

Online Resources	Description	Link
Beacon 2.0	Directory of online programs, resources, Apps, and support groups	beacon.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
Blue Knot Foundation	Specialist phone counselling service (1300 657 380) for adult survivors of childhood trauma and abuse. Provides counselling support, information and referrals for survivors and concerned family and friends	blueknot.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
Mental Health Online 18+ years	Treatment based online service. Users have access to information, clinical assessment, and treatment modules, including: <ul style="list-style-type: none"> • PTSD Online - for generalised anxiety disorder 	mentalhealthonline.org.au
Mind Spot 15+ years	Telephone (1800 614 434) and online counselling and treatment courses	mindspot.org.au
NSW Rape Crisis Centre	24/7 telephone (1800 424 017) and online crisis counselling service for anyone in NSW - men and women - who has experienced or is at risk of sexual assault and their non offending supporters.	nswrapecrisis.com.au
Open Arms	24/7 phone (1800 011 046) crisis counselling and referral information service. Service is run by Veterans and Families Counselling	openarms.gov.au
PTSD Coach Australia	Designed for serving and ex-serving Australian Defence Force members. It helps you manage the symptoms that commonly occur after trauma and learn about PTSD and professional support.	at-ease.dva.gov.au
Sane 15+ years	Telephone counselling, online helpline and forum and resources for patients and family experiencing mental illness	sane.org
This Way Up 15+ years	This Way Up offers online courses, including post traumatic course . Course Cost: Approximately \$60 per course	thiswayup.org.au
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

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