



# E-health resource: Anxiety

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>Headstart</b>	Web and mobile app providing mental health information specific to South Western Sydney, including resources and local service details	<a href="http://headstart.org.au">headstart.org.au</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>The Brave Program</b> 8-17 years	Interactive online program for the prevention and treatment of childhood and adolescent anxiety	<a href="http://brave4you.psy.uq.edu.au">brave4you.psy.uq.edu.au</a>
<b>E-couch</b> 15+ years	Information, resources and programs covering: <ul style="list-style-type: none"> <li>• <a href="#">Anxiety and worry</a></li> <li>• <a href="#">Social anxiety</a></li> </ul>	<a href="http://ecouch.anu.edu.au">ecouch.anu.edu.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>Evolution Health</b>	Offers a free, interactive program to help with anxiety and panic	<a href="http://evolutionhealth.care">evolutionhealth.care</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>LIFE FLEx</b>	Biopsychosocial web and mobile-based intervention program for anxiety and depression, provided by My Digital Health	<a href="http://lifeflex.mydigitalhealth.org.au">lifeflex.mydigitalhealth.org.au</a>
<b>Mental Health Online</b> 18+ years	Treatment based online service. Users have access to information, clinical assessment, and treatment modules, including: <ul style="list-style-type: none"> <li>• <a href="#">GAD Online</a> - for generalised anxiety disorder</li> <li>• <a href="#">Made-4-Me</a> - for help managing symptoms of one or more mental health issues</li> <li>• <a href="#">Panic Stop</a> - for managing panic attacks and agoraphobia</li> <li>• <a href="#">Social Anxiety Online</a> - for social anxiety disorder</li> </ul>	<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>

# E-Health resource: Anxiety

Counselling and Treatment	Description	Link
<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>OnTrack</b> 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	<a href="http://ontrack.org.au">ontrack.org.au</a>
<b>Qlife</b>	Telephone ( <b>1800 184 527</b> ) and online counselling and referral service for lesbian, gay, bisexual, trans and/or intersex (LGBTI) people	<a href="http://qlife.org.au">qlife.org.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: <ul style="list-style-type: none"> <li>• <a href="#">Generalised anxiety</a></li> <li>• <a href="#">Panic Disorder</a></li> <li>• <a href="#">Social Phobia</a></li> </ul> Course Cost: Approximately \$60 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

Apps	Description	Link
<b>1Giant Mind</b>	12-step meditation tutorial to improve wellbeing	<a href="http://1giantmind.org">1giantmind.org</a>
<b>Life Charge</b>	Journalling app that helps users reflect on daily events. Encourages users to track and analyse their thinking and see changes over time	<a href="http://vector15.com">vector15.com</a>
<b>MindShift</b>	Designed to help teens and young adults cope with anxiety by shifting the way that they think about anxiety. Includes strategies to deal with everyday anxiety and tools to deal with specific anxiety situations	<a href="http://anxietycanada.com">anxietycanada.com</a>
<b>ReachOut.com</b>	Multiple apps (for people 12+ years), including: <ul style="list-style-type: none"> <li>• <a href="#">ReachOut Breathe</a> – teaches breathing techniques to slow the heart rate and reduce the physical symptoms of stress and anxiety</li> <li>• <a href="#">Recharge</a> – a sleep app that provides a personalised 6-week program focussing on developing healthy sleep/wake patterns to improve mood, energy, and wellbeing</li> <li>• <a href="#">WorryTime</a> – provides tools for managing stress</li> </ul>	<a href="http://au.reachout.com">au.reachout.com</a>
<b>SAM</b>	Aims to help people with anxiety manage their condition. Includes calm breathing tool, anxiety tracker, meditation and relaxation techniques, exercises, and guidance on putting self-help into action	<a href="http://sam-app.org.uk">sam-app.org.uk</a>
<b>Stop, Breathe &amp; Think</b>	Mindfulness, meditation, and compassion-building lifestyle tool	<a href="http://stopbreathethink.com">stopbreathethink.com</a>

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