



Patient Factsheet
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E-health resource: Drug & Alcohol

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
Headstart	Web and mobile app providing mental health information specific to South Western Sydney, including resources and local service details	headstart.org.au
Young Carers 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	youngcarers.net.au

Counselling and Treatment	Description	Link
Counselling Online 15+ years	Free phone (1800 888 236) and online counselling 24/7 for anyone with drug & alcohol concerns e.g., people using drugs, their family and friends	counsellingonline.org.au
Daybreak	An online program to change your relationship with alcohol with a supportive community, habit-change experiments, and health coaching	hellosundaymorning.org
Eheadspace 12-25 years	Online or telephone (1800 650 890) counselling	ehespace.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
NA Chatroom 15+ years	Online meetings, forums, and open chat groups based on the 12 step traditions of Narcotics Anonymous	nachatroom.org
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
Turning Point 15+ years	Online counselling, information and self-help resources for people affected by drugs, alcohol or gambling	turningpoint.org.au
Your Room	Confidential and anonymous information, counselling, advice, and referral service	yourroom.health.nsw.gov.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

Apps	Description	Link
Stay Strong	A structured mental health and substance misuse intervention app using indigenous specific content and imagery (IOS only)	menzies.edu.au
The Right Mix by On Track	App designed to help track your alcohol consumption and spending habits	therightmix.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