

Mental Health Resources

Below is a comprehensive list of mental health resources, including Australia-specific support hotlines as well as global, online-based support services. Please be advised that additional mental health resources may be available both regionally and online. This list is provided for informational purposes only and does not constitute an endorsement of any specific mental health resource.

Australia-Specific Mental Health Support Hotlines

National Hotlines (Accessible Across All States)

- **Lifeline Australia**
 - 13 11 14 (24/7 crisis support for suicide and mental health)
- **Beyond Blue Support Service**
 - 1300 22 4636 (24/7 support for anxiety and depression)
- **Kids Helpline**
 - 1800 55 1800 (Free 24/7 support for young people aged 5–25)
- **Suicide Call Back Service**
 - 1300 659 467 (24/7 telephone and online counseling)
- **Blue Knot Foundation**
 - 1300 657 380 (Support for adult survivors of childhood trauma, available nationally)
- **Carers Australia**
 - 1800 242 636 (Mental health support for carers)
- **Head to Health**
 - 1800 595 212 (Connects individuals to local mental health services in their area)
- **Relationships Australia**
 - 1300 364 277 (Counseling and mental health support for relationships and families)

State-Specific Hotlines

- **New South Wales (NSW)**
 - **NSW Mental Health Line:**
 - 1800 011 511 (24/7 support for mental health concerns)
 - **WayAhead Mental Health Info Line**
 - 1300 794 991 (Information and referrals for mental health resources)
 - **STARTTS** (NSW Service for Trauma Survivors)

- 02 9646 6800 (Support for refugees and survivors of trauma)
- **Youthline NSW**
 - 13 11 12 (Support for youth-specific challenges)
- **Victoria (VIC)**
 - **Victoria Mental Health Crisis Helpline**
 - 1300 651 251 (24/7 support for urgent mental health concerns)
 - **Youth Support + Advocacy Service (YSAS)**
 - 03 9415 8881 (Support for youth mental health and substance use issues)
 - **Safe Steps Family Violence Response Centre**
 - 1800 015 188 (24/7 support for domestic violence and related mental health concerns)
 - **Parentline VIC**
 - 13 22 89 (Support for parents navigating children's mental health challenges)
- **Queensland (QLD)**
 - **1300 MH CALL**
 - 1300 642 255 (24/7 support for mental health concerns in Queensland)
 - **DVConnect Womensline**
 - 1800 811 811 (Domestic violence and mental health support for women)
 - **DVConnect Mensline**
 - 1800 600 636 (Domestic violence and mental health support for men)
 - **Open Minds**
 - 1300 673 664 (Mental health support and NDIS services in Queensland)
- **Western Australia (WA)**
 - **Mental Health Emergency Response Line (MHERL)**
 - Metro: 1300 555 788
 - Peel Region: 1800 676 822
 - **Rurallink (For Regional WA)**
 - 1800 552 002 (24/7 mental health support for rural communities)
 - **Youth Focus WA**
 - 08 6266 4333 (Mental health services for youth, including suicide prevention)
 - **Wungening Aboriginal Corporation**
 - 08 9221 1411 (Support for Aboriginal communities in WA, including mental health services)
- **South Australia (SA)**
 - **Mental Health Triage Service**
 - 13 14 65 (24/7 support for mental health crises)
 - **Uniting Communities Crisis Line**
 - 08 8202 5111 (Support for mental health, financial, and housing issues)
 - **SHINE SA**
 - 1300 794 584 (Youth mental health and sexual health services)

- **Aboriginal Family Support Services**
 - 08 8205 1500 (Support for Aboriginal families and mental health)
 - **Tasmania (TAS)**
 - **Mental Health Helpline Tasmania**
 - 1800 332 388 (24/7 support for mental health concerns)
 - **Family Violence Counselling and Support Service**
 - 1800 608 122 (Mental health and support for domestic violence survivors)
 - **Headspace Hobart**
 - 03 6231 2927 (Youth-focused mental health support in Tasmania)
 - **Rural Alive & Well (RAW)**
 - 1300 435 738 (Support for rural communities dealing with mental health challenges)
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Global Mental Health Support Options

- **Headspace**
 - Overview: A national youth mental health foundation in Australia providing support for young people aged 12–25.
 - Services: Offers mental health support through face-to-face counselling, online therapy via headspace, and a range of self-help resources.
 - Focus: Emphasizes early intervention and accessibility, with services tailored to the unique challenges faced by students and young individuals.
 - Website: headspace.org.au
- **Beyond Blue (Australia-Focused)**
 - Overview: One of Australia's most prominent mental health organizations, focusing on anxiety, depression, and suicide prevention.
 - Services: 24/7 phone and online chat support, resources for schools and workplaces, and community programs.
 - Website: <https://www.beyondblue.org.au/>
- **BetterHelp**
 - Overview: A popular global platform offering online therapy with licensed mental health professionals.
 - Global Reach: Their services are available internationally, though they don't specialize in region-specific hotlines.
 - Services: Video, phone, and text therapy options; accessible globally.
 - Website: <https://www.betterhelp.com/>

- **Healthy Gamer**

- Overview: A mental health platform aimed at young adults, students, and gamers, founded by Harvard-trained psychiatrist Dr. Alok Kanojia.
- Services: 1-on-1 coaching for mental health and life challenges, group coaching sessions, and community resources, focusing on stress, anxiety, and burnout.
- Focus: Specifically designed for students and young adults navigating modern stressors like gaming, technology use, and academic pressure globally.
- Website: <https://www.healthygamer.gg/>

- **Empower Work**

- Overview: A confidential support platform for young adults, including students, to navigate work, school, and life challenges.
- Services: Free, text-based support with trained peer counselors for stress, anxiety, and career-related issues.
- Focus: Particularly helpful for students balancing work and school.
- Website: <https://www.empowerwork.org/>

- **TherapyRoute**

- Overview: A global directory of mental health professionals and resources, including providers specializing in student wellbeing.
- Services: Students can search for licensed therapists, counselors, or support groups in their area or online.
- Focus: Global reach with a focus on connecting individuals to local or online mental health providers.
- Website: <https://www.therapyroute.com/>

- **7 Cups for Students**

- Overview: A global, online platform offering anonymous peer support and professional therapy. They also provide student-focused resources for stress, anxiety, and life transitions.
- Services: Free peer chat support, professional therapy available for \$150/month, and tailored student programs for institutions.
- Focus: Accessible globally, with affordable options for students seeking mental health support.
- Website: <https://www.7cups.com/>

- **Mental Health America (MHA) Online Tools**

- Overview: Offers online resources, screenings, and connections to therapy or counseling tailored for youth and students.
- Services: Free mental health screenings, resource guides, and access to low-cost online options.

- Focus: Based in the US but with broad applicability for students internationally.
- Website: <https://mhanational.org/>
- **United for Global Mental Health (Speak Your Mind)**
 - Overview: A global mental health advocacy platform offering resources and support to improve mental health awareness and access to care.
 - Services: Provides tools, guides, and connections to local mental health services worldwide.
 - Website: <https://www.unitedgmh.org/>
- **WHO's Mental Health Resources**
 - Overview: The World Health Organization offers free resources and tools to support mental health globally.
 - Services: Guides for stress management, crisis support, and improving mental well-being, accessible to anyone worldwide.
 - Website: https://www.who.int/mental_health/en/
- **Open Counseling - Global Helpline Directory**
 - Overview: A comprehensive directory of free and confidential mental health helplines worldwide.
 - Services: Provides contact information for suicide prevention and mental health support hotlines in various countries.
 - Website: <https://www.opencounseling.com/hotlines>
- **Befrienders Worldwide**
 - Overview: A global network of helplines offering emotional support to individuals in distress or experiencing suicidal thoughts.
 - Services: Provides a directory of local helplines worldwide, ensuring access to free and confidential support in your region.
 - Website: <https://www.befrienders.org/>
- **MindSpot**
 - Overview: A free, government-funded digital mental health clinic in Australia offering psychological assessments and treatments for adults.
 - Services: Provides online and telephone support, including confidential psychological assessments, internet-delivered cognitive behavioral therapy (ICBT) courses, and access to qualified therapists. Focus areas include anxiety, depression, stress, and chronic pain
 - Focus: Designed to make mental health care accessible and effective for Australian adults, with a strong emphasis on digital convenience and evidence-based treatments
 - Website: mindspot.org.au
- **Black Dog Institute - Community Resources**

- Overview: The Black Dog Institute provides a range of evidence-based resources aimed at supporting mental health and well-being within communities. These resources are designed to educate, empower, and assist individuals, families, and communities in managing mental health challenges.
- Services: Offers free downloadable resources, toolkits, and guides tailored for various groups, including schools, workplaces, and community organizations. Topics include mental health awareness, suicide prevention, and building resilience.
- Website: <https://www.blackdoginstitute.org.au/>
- **R U OK?**
 - Overview: An Australian suicide prevention charity encouraging people to start meaningful conversations to support those who may be struggling with life.
 - Services: Provides resources and a simple four-step guide to help individuals ask "Are you OK?" safely and effectively. The organization focuses on building confidence and skills for having life-changing conversations.
 - Focus: Aims to reduce loneliness and improve mental wellbeing by fostering connections and encouraging regular check-ins with friends, family, and community members.
 - Website: ruok.org.au/how-to-ask

AI Mental Health Support Platforms

- **Ollie Health**
 - Overview: A digital platform providing mental health and wellbeing support specifically for students and young professionals.
 - Services: One-on-one video therapy, mindfulness tools, and workshops for stress and productivity.
 - Focus: Focused on affordability and accessibility for students, with services available globally.
 - Website: <https://www.ollie.health/>
- **Wysa**
 - Overview: An AI-driven emotional wellness platform that helps users manage stress, anxiety, and other mental health concerns. It also provides access to human therapists if needed.
 - Features: AI chatbot for immediate support, guided tracks for specific mental health goals, and optional human therapy sessions.
 - Pricing: Free basic version; premium plans start at \$29.99/month for additional features or therapist access.
 - Website: <https://www.wysa.com/>
- **Youper**

- Overview: A mental health app that combines AI and CBT to provide personalized support for anxiety, depression, and emotional wellbeing.
- Features: AI-guided conversations, mood tracking, and a self-help journal.
- Pricing: Free basic app; premium subscription starts at \$9.99/month.
- Website: <https://www.youper.ai/>

- **Replika**
 - Overview: Replika is an AI companion designed to provide emotional support and help users manage loneliness, anxiety, or stress.
 - Features: AI-powered conversations, mood tracking, and reflective exercises.
 - Pricing: Free basic version; Pro subscription starts at \$19.99/month for additional features like voice calls and more in-depth conversations.
 - Website: <https://replika.com/>