

SUPPORTING ALLIED HEALTH PROFESSIONALS TO FIND AND USE RELIABLE MENTAL HEALTH APPS AND ONLINE PROGRAMS WITH THEIR PATIENTS

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The MindSpot Clinic

Offers free online courses for Australian adults who are experiencing difficulties with anxiety, stress, depression, and low mood.
mindspot.org.au



Mental Health Online

Information, automated assessment (optional), treatment programs, and the Made-4-me program.
mentalhealthonline.org.au



THIS WAY UP

Courses for depression, anxiety, OCD and PTSD. Instructions available for referring therapist to provide support.
thiswayup.org.au



MyCompass

myCompass offers an online interactive self-help CBT service for people suffering from depression, anxiety and stress.
mycompass.org.au/



MumSpace

Apps, PND treatment and information supporting emotional wellbeing of new mums.
mumspace.com.au



BeyondNow

An app and online version that involves creating a safety plan that users can work through when experiencing suicide thoughts.
beyondblue.org.au/get-support/beyondnow-suicide-safety-planning