



Your guide to digital mental health services



What are digital mental health services?

Head to Health is an online gateway that helps Australians maintain their wellbeing and access a wide range of online mental health support.

The Head to Health website provides:

- a range of online information resources from Australia's most trusted mental health organisations
- advice on improving mental health and wellbeing through evidence-based mobile apps, online programs, forums, and phone services
- links to free and low-cost phone and online mental health services, as well as supports to help you or someone you know.

When should you use the Head to Health website?

Mental health issues can affect anyone at any time, but there are options for support and treatment. Head to Health gives you lots of ways to connect to mental health information, services and support.

- Head to Health can connect you with phone or web-based counselling services and treatment programs you can access from home.
- If you just want information and are not ready to speak to someone directly, Head to Health provides different ways to search and discover related topics.
- If you're helping a family member or friend going through a difficult time, Head to Health offers advice on how to support them.
- If you want to hear from people with similar experiences, Head to Health also lists a range of community forums on different mental health topics.

Visit headtohealth.gov.au

If life is in danger, **call 000**. If you or someone you care for is in need of immediate assistance you can contact the below National 24/7 crisis support services:

Lifeline **13 11 14**, Kids Helpline **1800 55 1800**, Beyond Blue **1300 22 4636**



Are these services free?

Most of the resources and services listed on Head to Health are funded by the Australian Government and are free or low cost to use.

How to access digital mental health services

1.

Visit headtohealth.gov.au and watch the introduction video on how to use the website.



2.

Use the search bar to find resources and trusted mental health service providers.



3.

Explore ways to support your own mental health and wellbeing, including things you can do immediately.



4.

Explore ways to support the mental health of children, co-workers, family and friends.



In person



Online



On the phone

Find out more

Caring for your mental health has never been easier. For more information visit

headtohealth.gov.au



Head to Health