

Youth Digital Health Options



eMental Health Services

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An Australian Government Initiative

Bite Back

Provides an online interactive self-help website based on the principles of positive psychology. It aims to improve the overall wellbeing and happiness of young people.

www.biteback.org.au

Butterfly Foundation – EDHope

Provides a telephone, email and web chat service for individuals. The primary target audience is people with eating disorders, their families and supporters and health professionals.

www.thebutterflyfoundation.org.au

CanTeen

Provides online, telephone counselling and support services to ensure that young people living with cancer (have cancer or have family/friends with cancer) experience optimal psychological wellbeing.

www.canteen.org.au

eheadspace

Provides a confidential and anonymous telephone and online support and counselling service to young people aged 12 – 25 years with youth mental health professionals.

www.eheadspace.org.au

Kids Helpline

Provides a free, private and confidential, telephone and online counselling service specifically for young people aged 5 to 25 years.

www.kidshelpline.com.au

Mindspot

Provides a free clinician assisted online and telephone based cognitive behavioural therapy – also for people over 16 years with symptoms of anxiety or depression.

www.mindspot.org.au

QLife

Provides online, telephone counselling and support services for early intervention and peer support for Lesbian, Gay, Bisexual, Transgender and Intersex peoples.

[www.qlife.org.au](http://www qlife.org.au)

ReachOut

An online service that aims to improve mental wellbeing as well as prevent and intervene early in the onset of mental health problems in young Australians.

www.reachout.com

Suicide Call Back Service

A 'call back' service for callers at risk of suicide.

www.suicidecallbackservice.org.au

