

Online tools and resources

Black Dog Institute Online Clinic

A free mental health assessment tool

<https://onlineclinic.blackdoginstitute.org.au>

Beyond Blue

Information, online forums, and support advice

<https://www.beyondblue.org.au>

Lifeline

24-hour telephone counselling, information and referral service.

Phone: 13 11 14

MyCompass

A personalised self-help tool for mental health

<https://www.mycompass.org.au>

Reach Out

Online youth mental health service

<https://au.reachout.com>

This Way Up

Online learning programs, education and research

<https://thiswayup.org.au>

Health Direct

A directory of health professionals including GPs and psychologists in your area

<https://www.healthdirect.gov.au/australian-health-services>

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For information: blackdoginstitute.org.au



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Written by:

A/Professor Vijaya Manicavasagar,
Clinical Psychologist at the Black Dog Institute and
Conjoint Professor UNSW School of Psychiatry.

Creating a mentally healthier world



**Black Dog
Institute**