

Mental Health



[headspace](#) is a mental health foundation that provides early intervention services for young people (12-25) who may want some help with mental health, physical health, substance use, and work or study support.



[myCompass](#) is a free personalised self-help program developed by the Black Dog Institute for people with mild-to-moderate depression, anxiety, and stress. The program aims to help you recognise unhelpful thoughts, feelings, and behaviours, and develop skills to manage them.



[Mood Gym](#) is a free online interactive program designed to help people learn and practise skills to prevent and manage symptoms of depression and anxiety.



[MindSpot](#) is a free telephone and online service developed by Macquarie University for Australian adults experiencing symptoms of anxiety or depression. They offer free online or phone screening assessments to help you learn about your symptoms.



[THIS WAY UP](#) is run by the clinical research unit for anxiety and depression in Sydney. It offers free information on mental health issues and provides short courses (free with clinician guidance or paid without clinician help) that are designed to help individuals learn to overcome their struggles.



[Head to Health](#) website is a free confidential service from the Australian Government that was designed in collaboration with hundreds of Australians. This includes people with lived experience of mental health challenges and the people who support them, health professionals, and service providers. It provides mental health screening assessments, information, guided treatment courses and referrals to other organisations.