

# 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.



[Wayahead Anxiety Support Groups](#) are a non-judgmental place for people with anxiety and/or their family, carers and friends to meet. Meetings are run by trained volunteers, for ages 18+. To register or enquire: [supportgroups@wayahead.org.au](mailto:supportgroups@wayahead.org.au)



[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.

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[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.

The logo for THIS WAY UP, consisting of the text "THIS WAY UP" in a bold, black, sans-serif font on a yellow rectangular background. To the right of the text are two black upward-pointing arrows.

[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.

The logo for HEAD TO HEALTH, featuring the words "HEAD TO" on the top line and "HEALTH" on the bottom line in a bold, dark purple, sans-serif font.

[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.