



ONLINE MENTAL HEALTH SUPPORT DURING COVID-19

1

REACH OUT

A comprehensive website with many online resources for managing a range of issues experienced by young people. A special article, [10 ways to take care of yourself during coronavirus](#), lists self-care activities.

2

eheadspace

eHeadspace provides free online support and counselling to young people 12 - 25 and their families and friends. eHeadspace provides options for a 1 on 1 chat for individual support or group chats to allow young people to connect with each other.

3

Black Dog Institute

Evidence-based resources to help individuals, workplaces, schools, parents and health professionals. BITE BACK is the very first online positive psychology program designed to improve the overall wellbeing of young Australians between 13 and 16 years old.

4

Foundation for Young Australians

The Foundation for Young Australians (FYA) website has a [Helping Young People During COVID-19: The Go-to Guide](#). This guide has a list of resources, referrals and services that can help.

5

BRAVE-Online

BRAVE-Online is an interactive, online and evidence-based cognitive behavioural therapy program for children and teenagers. Its aim is to help young people overcome anxiety.

6

kidshelpline

Children, teens and young adults can contact kidshelpline to discuss any concerns about mental health, relationships or identity. If young people are concerned about COVID-19 they can call, webchat or email to get help.

7

YOUTHBYONDBLUE

Youth Beyond Blue is a youth specific website with a range of resources to assist young people experiencing stress, anxiety and low mood. It also has a link to the Coronavirus Mental Wellbeing Support Service.

8

embrace

embrace is a mental health website which empowers Australians from multicultural backgrounds to embrace mental health and wellbeing. Multilingual online resources include community information and a knowledge hub.

