

# MENTAL HEALTH RESOURCES

## Contact Numbers:

- **In an emergency** call 000 or visit your local ED
- **NSW Mental Health Access Line** – 1800 011 511
- **Lifeline 24 hour telephone crisis support** – 13 11 14
- **Suicide Call Back Service** – 1300 659 467
- **Community Links Wellbeing** - No fee mental health support for residents of the Wingecarribee & Wollondilly shires - 0455 104 104
- **Beyond Blue** - 24/7 free counselling support service available via phone, webchat or email.  
1300 224 636  
[beyondblue.org.au/support-service/chat](https://beyondblue.org.au/support-service/chat)  
[beyondblue.org.au/support-service/email](https://beyondblue.org.au/support-service/email)
- **Kids Helpline** – 1800 55 1800
- **MensLine Australia** - 1300 789 978
- **13YARN** Crisis Support Line on 13 92 76
- **Parent Line NSW** - 1300 1300 52
- **Carer Connections Helpline** - 1300 554 660
- **1800RESPECT** – National sexual assault, domestic family violence counselling service
- **The Pop In** – If you and your children live in fear of domestic violence, control and abuse, Pop In is a friendly place that will support you, but never judge you. Pop In is a safe and welcoming drop-in and online service, in the southern highlands.  
*2 Mona Road, Bowral NSW 2576*  
*02 4872 1229*

## Websites:

- **Head to Health** – Head to Health can help you find digital mental health services from some of Australia’s most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)
- **Headstart** - An easy way to find free or low-cost mental health services for you or someone you know, specific mental health concerns and situations, in your local area. It filters services based on a person’s demographics and mental health needs.  
[www.headstart.org.au/south-western-sydney/](http://www.headstart.org.au/south-western-sydney/)
- **The Gender Centre** - The Gender Centre Inc. provides a broad range of specialised services that enables the exploration of gender identity and assistance with the alleviation of gender dysphoria. They support trans and gender expressive people at every stage of their journey as they explore and live their authentic sense of self. Includes groups, resources, services and a directory.  
[www.gendercentre.org.au](http://www.gendercentre.org.au)

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## Apps:

- **Moodfit** – A free app that helps you track your moods and gives you exercises to help address negative emotions.  
<https://www.getmoodfit.com/>
- **iBobbly** – A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over. Completely private and confidential, it helps by showing you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.  
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>
- **myCompass** – MyCompass offers a personalized experience and can recommend learning activities that best match your needs. It is a free online tool that can help you identify unhelpful thoughts, feelings, and behaviours, and learn strategies to deal with them.  
<https://www.mycompass.org.au/>
- **HeadGear** – It is a free, easy-to-use smartphone app that guides you through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety – the fitness app for your mental health.  
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear/>
- **Smiling Mind** - Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.  
<https://www.smilingmind.com.au/smiling-mind-app>
- **Calm** – app for sleep, meditation and relaxation. Includes exclusive music to help you focus, relax and sleep as well as video lessons on mindful movement and gentle stretching.  
<https://www.calm.com/>
- **Spectrum** – Spectrum is a queer wellness app which aims to arm queer people who are isolated, closeted or at-risk with the tools to manage their mental health, find resources and information and connect with the community.  
<https://spectrumapp.lgbt/>
- **Voda** – The LGBTQIA+ mental health wellness app that address's challenges such as coming out and body acceptance, to overcoming social stigma and rejection through the app-based mindfulness and cognitive behavioral therapy programs.  
[www.voda.co](http://www.voda.co)
- **The Tapping Solutions** - Lower your stress levels, reduce anxiety, overcome fears, relieve pain, get better sleep plus more. The Tapping Solutions app gives you access to hundreds of meditations where you will learn how to use the Tapping (also know as EFT, or Emotional Freedom Techniques), to lead a happier and healthier life.  
<https://www.thetappingsolution.com/>



All of these resources are also available through on our website - just scan the QR code!