

Accessing mental health services in NSW



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Looking after the mental health of ourselves, friends and family is an important part of staying well.

If you need support, there are a number of services you can access for free.

The below websites have a mixture of self-guided mental health resources and programs as well as one-on-one connection to professionals through webchat, online counselling and phone services.

Gateways to Mental Health online services

Find out more about online and telephone services available across NSW

NSW Mental Health Services	Categorised List of NSW Mental Health Services	https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx
Head to Health	Navigation platform for links to Australian online and phone supports	https://headtohealth.gov.au/
Healthdirect	Direct links to etherapy services	https://www.healthdirect.gov.au/etherapy
Lifeline	Online resources, phone counselling, text chat and webchat	https://www.lifeline.org.au/

Individual websites

Target	Platform	Resources	Link
General population	Beyond Blue	Online resources, webchat, phone calls, online forums	https://www.beyondblue.org.au/
	Lifeline	Online resources, phone counselling, text chat and webchat	https://www.lifeline.org.au/
	Blackdog	Online resources and online clinic	https://www.blackdoginstitute.org.au/
	Thiswayup	Online courses to improve mental health	https://thiswayup.org.au/
	Mycompass	Online personalised self help tool designed by Blackdog	https://www.mycompass.org.au/
	Mental Health Online	24/7 support, programs and e-therapists	https://www.mentalhealthonline.org.au/pages/signup
	MindSpot	Free online clinic, resources, and courses	https://mindspot.org.au/

Target	Platform	Resources	Link
Children & young people	Kids Helpline	Phone, webchat and email counselling	1800 55 1800 https://kidshelpline.com.au/
	headspace	Online and phone support	https://headspace.org.au/
	Mood Gym	Online course designed for ages 15-25	https://moodgym.com.au/
	ReachOut	Has reviewed mobile apps and tools to help you look after your health and wellbeing.	https://au.reachout.com/ https://au.reachout.com/tools-and-apps
	The Brave Program	Free online anxiety program for children	https://brave4you.psy.uq.edu.au/child-program
Parents and teachers	Emerging Minds	For children and their families. Resources, webinars, toolkits	https://emergingminds.com.au/
	Parent Line	Offers telephone and online counseling and support service for parents and carers with children aged 18 and under in NSW	1300 1300 52 https://www.parentline.org.au/
24 hour suicide risk & emergency lines	Lifeline	Crisis support	13 11 14 https://www.lifeline.org.au/
	Suicide Call Back Service	Online counselling, video chat and phone services	1300 659 467 https://www.suicidecallbackservice.org.au/
	NSW Mental Health Line	Staffed by mental health professionals to put people in contact with a local mental health service	1800 011 511
Men specific	MensLine	Resources, phone and online counselling – including for fathers.	https://mensline.org.au/
New parents	Perinatal Anxiety and Depression Australia (PANDA)	Resources and help for new parents	https://www.panda.org.au/
	Mum Mood Booster	Online interactive treatment sessions	https://mummoodbooster.com/public/
	COPE	Online resources for new parents and families	https://www.cope.org.au/new-parents/
	Tresillian Early Parenting	Professional advice, education and guidance to families with a baby, toddler or pre-schooler	https://www.tresillian.org.au/
	Gidget Foundation	Mental health support for new and expecting parents	https://gidgetfoundation.org.au/