

Victoria University Counselling Services: e-therapy options – Something's not Right

This list is current as of 10 Dec 2012 and is provided for an informational purpose. The use of these options is solely an individual's responsibility after consideration of their own personal circumstances and in consultation with a mental health professional. Victoria University does not take any responsibility for any content, consequences nor actions taken as a result of the use of these externally provided resources.

Crisis> Online chat lines [24/7 Support]

Headspace: Tel 1300 651 251

Lifeline: Tel 13 11 14

Suicide line: Tel 1300 651 251

Kids Help Line : Tel 1800 55 1800

Counsellingonline: Tel: 1800 888 236

FAQs & Q&A sites

Somazone: interactive and anonymous youth website

Go Ask Alice: Interactive site and Q&A [Columbia University]

Something's not Right > Managing stress; relating to others; emotional management; depression & anxiety

MoodGYM: Helps you learn to identify and overcome problem emotions and thoughts, develop problem-solving skills, and cope with challenging life events.

eCentre Clinic. Provides both human supported and self-guided web-based interventions for anxiety, mood problems and chronic pain.

This Way Up: Test yourself as well as take a CBT self-paced anonymous 3-4 lesson courses for anxiety, worry or sadness; shyness; and coping with stress.

Something's not Right > Managing stress; relating to others; emotional management; depression & anxiety; grief & loss

e-Couch: A self-guided web-based intervention for a number of concerns ranging from anxiety and mood problems to grief and coping with separations or divorce.

Something's not Right > Managing depression & anxiety

Anxiety Online: Offers information, assessment, diagnosis and internet-based treatment programs for a range of anxiety disorders. (From the Australian National eTherapy Centre).

Something's not Right > Managing drugs (including Alcohol)

OnTrack Alcohol: Aims to help you cut down your drinking. Helps you to set goals, think differently and take action to make changes.

Factsheets

[Student Virtual Pamphlet Collection](#)

[BeyondBlue Information Resource](#)

[YouthBeyondBlue Fact sheets & info](#)

NCPIC Resources: Behavioural Activation (doing more with your life); Stress Management (Stress less plans, exercise and diary), Refusal Skills (improving your confidence to decide to make changes to your areas of your life you aren't happy with) & Sleep hygiene (how to sleep better).