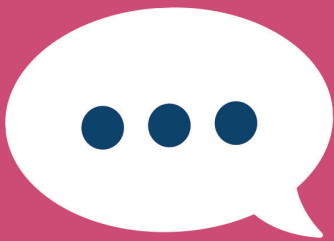# Try one thing

Try mental health support online

Did you know you can access mental health support online? Here are a few simple tips to help you get started.

There are lots of opportunities to find support for your mental health online. But, it is very important that you get your information from reputable sources. Most online information is general in nature so should never replace getting personalised advice from your doctor or mental health professional.

#GetOnlineWeek

Online mental health support

Support to manage your mental health online can include apps, telehealth appointments, peer support forums, fact sheets from expert organisations, and self guided online programs. With all that choice, it's easy to get overwhelmed orfeel anxious about knowing where to turn and how to find a service you can trust. To get started, take it one step at a time.

Top tip: Ask your doctor, psychologist or medical professional for a recommendation or referral to trustworthy online mental health support that could be suitable for you.

Research has shown that online Cognitive Behaviour Therapy programs can be just as effective as undergoing Cognitive Behaviour Therapy with a face to face clinician. Online programs can also be easier to access when you can't go to appointments in person.

Getting started online

To use online mental health services you will often need to know how to:

- Find an app or website by searching for it
- Use an email address
- Fill in an online form
- Video call
- Set up a safe password

Top tip: The Be Connected program (beconnected.esafety.gov.au) has free resources to help you get started online.

You will also need to think about:

- Finding a quiet and private place to sit in
- Having a device you can use and a reliable internet connection
- How much data you will need
- How much it costs
- If the information you provide will be shared with others
- How comfortable you feel with the service provider

Top tip: Find out the types of digital mental health resources available from trusted providers on the Australian Government's Head to Health website (headtohealth.gov.au).

Get help right now

If you need urgent support for your mental health right now, contact:

- Lifeline on 13 11 14
- BeyondBlue on 1300 224 636
- The Suicide Call Back Service on 1300 659 467
- If it is an emergency ring 000 or go to your nearest emergency department.

Learn more

Good Things Foundation has a free online course on finding reliable information online and using apps and websites to manage your health and wellbeing. Visit **learning.goodthingsfoundation.org. au.**