

Anti-Bullying websites

<https://bullyingnoway.gov.au/>

<https://kidshelpline.com.au/teens/issues/bullying>

General Mental health websites –

Headspace.org.au – a large range of mental health information and access to youth e-services and e-counselling.

Youthinmind.info – for students aged 11-17, allows students to self-assess their mental state and provide information to teachers and allied health professionals.

Reachout.com.au – for parents, information on mental health and wellbeing including strategies to talk with your child and where to seek help and advice.

Kidshelpline.com.au – online, phone and in person services for children.

Shinesa.org.au – Sexual health and mental wellbeing services, including counselling, clinics, education and support.

<https://www.bounceback-program.com>

Depression & anxiety –

Beyondblue.org.au – questionnaire screening for anxiety and depression, fact sheets and services.

Parentingstrategies.net – strategies for parents to deal with and understand anxiety and depression.

Nimh.nih.gov – National institute of mental health, many fact sheets, information, guides and strategies on dealing with anxiety and depression.

Youthbeyondblue.com – youth specific information, counselling and advice for depression and anxiety.

<https://beyou.edu.au/>

Mental health for LGBTIQ+

Qlife.org.au – nationally accredited counselling and referral services for LGBTIQ+ people. Nationwide services and support through telephone or the internet.

Touchbase.org.au – many resources on mental health and substance abuse for LGBTIQ+ people with access to minimisation practices for reducing risk.