



My Favourite Mental Health Resources

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Acknowledgement of Country

I would like to acknowledge
the traditional custodians
of the lands that we are
logging in from today, &
I pay my respects to Elders
past, present, & emerging.

Outline

- 🌀 CHIMES
- 🌀 Face to Face Resources
- 🌀 Websites
- 🌀 What about the Apps?



What are CHIMES?

- ♫ C = Community
- ♫ H = Hope
- ♫ I = Identity
- ♫ M = Motivation / Meaning
- ♫ E = Empowerment
- ♫ S = Support &/or Services



Face to Face Resources

✂ FACETS (Family Assessment Consultation Education Therapy Services) Team:

<https://www.cclhd.health.nsw.gov.au/services/children-services/child-and-family-health/counselling-facets/>

✂ Child & Family Health Services:

<https://ccpatientinfo.org.au/patientinfo/CCChildandFamilyHealth.pdf>

✂ Beam – Little Sparks: <https://beamservices.com.au/little-sparks/>

✂ headspace – Gosford, Wyong, & Lake Haven:

<https://headspace.org.au/headspace-centres/>

✂ Head to Health Clinic:

<https://www.healthdirect.gov.au/australian-health-services/17ab568e-ebb6-4e3c-4c8c-b00478c221ba/head-to-health/services/tuggerah-2259-bryant-dr>

Support for you

Lifeline Direct

Face to face counselling
www.lifelinedirect.org.au/services

Mensline Australia (24/7)

1300 789 978
www.mensline.org.au
(web chat/video chat)

Relationships Australia:

1300 364 277
www.relationships.org.au



www.suicidepreventioncentralcoast.org.au

National Debt Hotline

1800 007 007
www.ndh.org.au

1800Respect (24/7)

(Sexual assault & domestic violence)
1800 737 732
www.1800respect.org.au (web chat)

Q Life

Qlife - LGBTIQ Community
1800 184 527
www qlife.org.au (web chat)

National Indigenous Critical Response Service (24/7)

1800 805 801
www.thirriji.com.au



Suicide & Crisis support

In an emergency, please call 000

Lifeline: 13 11 14 (24/7)

www.lifeline.org.au (web chat) • text 0477 13 11 14

Suicide Call Back Service: 1300 659 467 (24/7)

www.suicidecallbackservice.org.au (web chat)

NSW Mental Health Line: 1800 011 511 (24/7)

Beyond Blue: 1300 22 4636 (24/7)

www.beyondblue.org.au (web chat/email)

Kids Helpline: 1800 551 800 (24/7)

www.kidshelpline.com.au (web chat/email)

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Websites



- Head to Health: <https://www.headtohealth.gov.au/>
- eMHprac: <https://www.emhprac.org.au/>
- Mindspot: <https://www.mindspot.org.au/>
- This Way Up: <https://thiswayup.org.au/>
- MoodGym: <https://moodgym.com.au/>
- CCI: <https://www.cci.health.wa.gov.au/>
- Beyond Blue: <https://www.beyondblue.org.au/>
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>
- Sane: <https://www.sane.org/>

Special Populations

- The Raising Children Network: <https://raisingchildren.net.au/>
- Kidshelpline: <https://kidshelpline.com.au/>
- headspace: <https://headspace.org.au/>
- WellMob: <https://wellmob.org.au/>
- YourRoom: <https://yourroom.health.nsw.gov.au/>
- I Can Quit: <https://www.icanquit.com.au/>
- Hello Sunday Morning: <https://hellosundaymorning.org/>
- TransHub: <https://www.transhub.org.au/>

What about Apps?

- ✂ The Smiling Mind: <https://www.smilingmind.com.au/smiling-mind-app>
- ✂ Daylio: <https://daylio.net/>
- ✂ BeyondNow: <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>
- ✂ CalmHarm: <https://au.reachout.com/tools-and-apps/calm-harm>
- ✂ I Am Sober: <https://iamsober.com/>
- ✂ Daybreak: <https://hellosundaymorning.org/daybreak/>
- ✂ In Tough Times Texts: <https://intoughtimestext.org/>





Thank You