



mindhealthconnect

Your pathway to a healthy mind

National mental health and wellbeing website

mindhealthconnect.org.au

What is mindhealthconnect?

- **National** e-mental health website for the public and health professionals
- Operated by **Healthdirect Australia**, on behalf of the Australian Federal Government
- Launched in July 2012 to support the goals of the National **e-Mental Health Strategy**
- Brings together Australia's leading mental health providers in one place
- Find relevant mental health and wellbeing information, online programs, services, tools, news, helplines etc



In simple terms...

An easy way to find trusted **mental health and wellbeing** information and services online; so you can help yourself or someone you care about.

mindhealthconnect is;

- National
- Online and mobile device friendly
- Available anytime, anywhere
- Supported by the Australian Federal Government



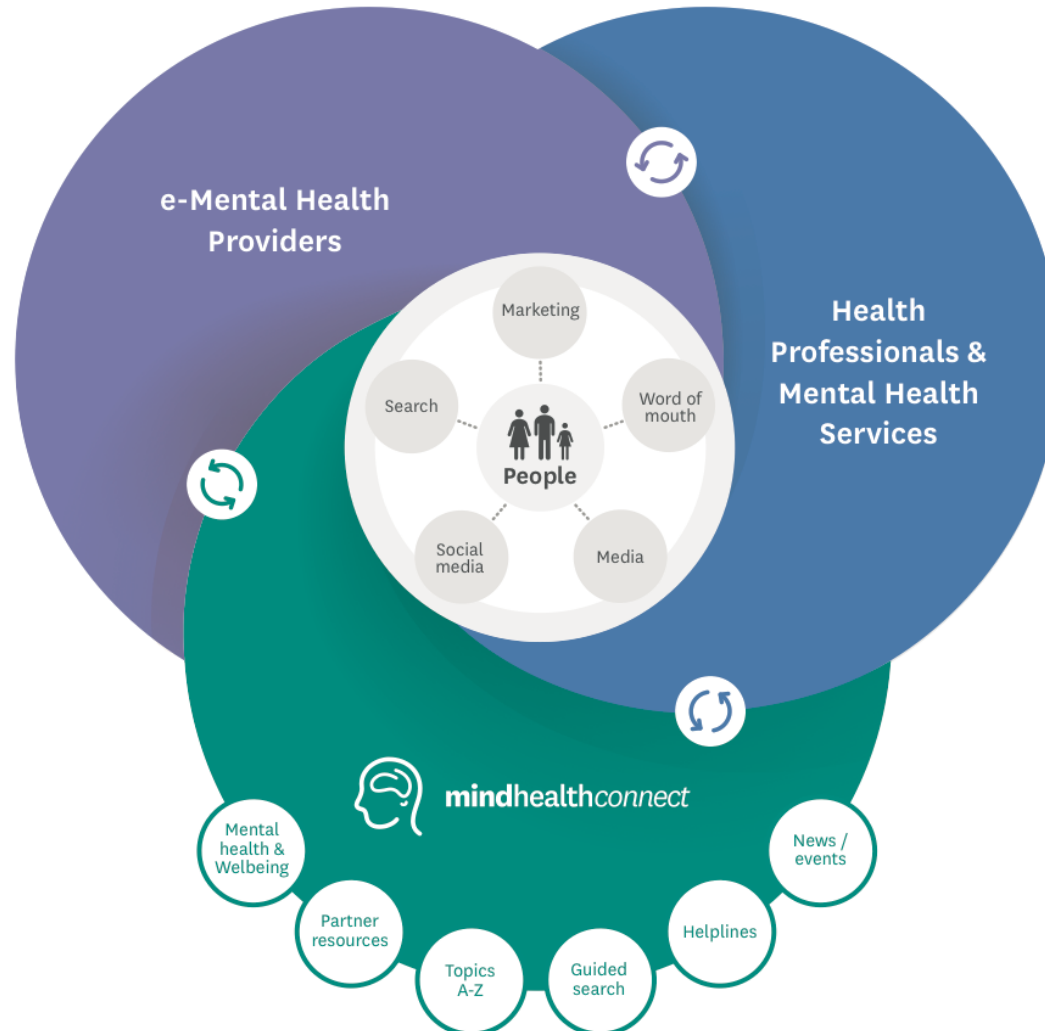
The value of e-mental health

- Encouraging **informed** mental health choices
- Promoting **self-help**, self-care options, and mental health literacy
- Supporting **access** to services and referral pathways
- **Complementing** mental health services and promoting 'stepped care' for high prevalence disorders
- Improving access and **reducing barriers** to entry such as stigma, time constraints and physical distance
- Supporting **health professionals**

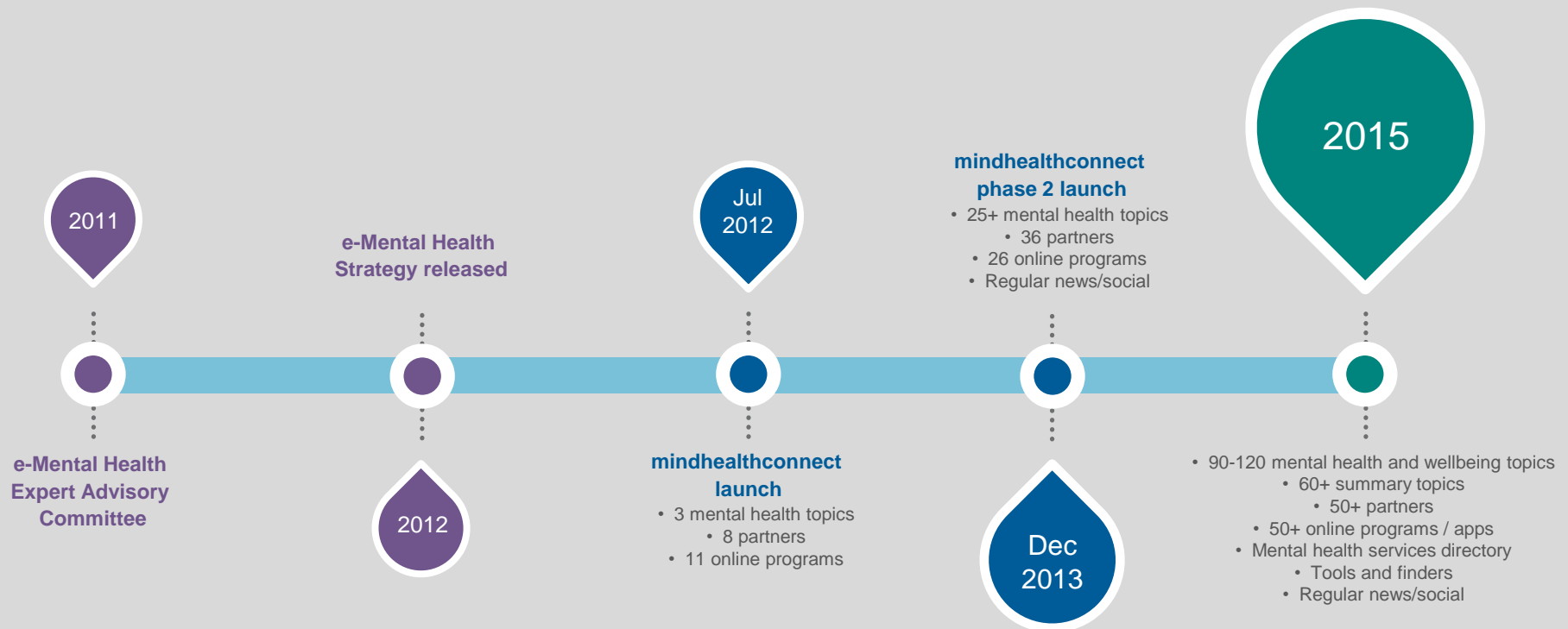


Mental health ecosystem

Putting people at the heart of an integrated **mental health ecosystem**, mindhealthconnect refers people between e-mental health providers and services, and existing health services.



Timeline



Next for mindhealthconnect

- A **broader range** of mental health and wellbeing topics; based on what people search for
- A national mental health **services directory**; allowing people to find health professionals and other services
- **Health professionals** specific resources; with an online programs and apps finder
- **Enhanced features** including new tools, search, finders and usability





mindhealthconnect
Your pathway to a healthy mind

To find out more visit mindhealthconnect.org.au

Home page

Find mental health resources x

www.mindhealthconnect.org.au

mindhealthconnect
Your pathway to a healthy mind

Search

Search

Need Help Now?

Login

Find trusted mental health and wellbeing information, online programs, helplines and news on mindhealthconnect.

Home About me Who can help? Resources Topics A-Z About us

eTherapy
Improve your mental health with online programs developed by leading Australian Health organisations

Learn more

How are you feeling?
Sad? Anxious? Nervous? Something else?
Try the guided search tool

I'm looking for
Me
Someone I know
I'm a health professional

Useful links
Do's & Don'ts of talking about mental health
Bad day or mental health issue?
Improve your wellbeing
Find online self help programs

Find mental health resources
The road to mental wellbeing starts with mindhealthconnect, whether for you or for someone you care about. mindhealthconnect brings Australia's leading mental health providers together in one place - allowing you to find mental health information you can trust. Start now with the [Guided search](#) or [Topics A-Z](#).

How are you feeling?
Try the Guided search tool to find mental health programs and information relevant to you.

☐ Sad ☐ Anxious ☐ Stressed ☐ Depressed ☐ Other

Next

