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
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
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

- 2011: e-Mental Health Expert Advisory Committee
- 2012: e-Mental Health Strategy released
- Jul 2012: mindhealthconnect launch
  - 3 mental health topics
  - 8 partners
  - 11 online programs
- Dec 2013: mindhealthconnect phase 2 launch
  - 25+ mental health topics
  - 36 partners
  - 26 online programs
  - Regular news/social
- 2015
  - 90-120 mental health and wellbeing topics
  - 60+ summary topics
  - 50+ partners
  - 50+ online programs / apps
  - Mental health services directory
  - Tools and finders
  - Regular news/social
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
To find out more visit mindhealthconnect.org.au
Home page

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

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

Spot the difference

How do you recognise the early warning signs of a mental health issue?

eTherapy

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

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

Disordered eating

Guided search tool

Menu
Video website demo