

Mental Health Resources

HealthPathways

HealthPathways is a free online health information portal for health professionals, with pathways that are designed to be used at the point of care to support the assessment, management and referral of patients within the ACT and Southern NSW regions. There are pathways available for most of the topics covered in this document. Use the log in details below to access the site.

<https://actsnsw.communityhealthpathways.org/>

Username: together

Password: forhealth

Capital Health Network Commissioned Mental Health Services

Adult Mental Health Services

- [Bloom Healthy Living Program](#) - a recovery-based peer-led program designed for 35-64+ year old participants that promotes healthy living. Flourish Australia.
- [Continuity of Support](#) - support to build personal skills, resilience and confidence to facilitate social inclusion and connection. Woden Community Service.
- [Head to Health Canberra](#) – free, easy to access mental health support, advice, assessment and treatment. Think Mental Health.
- [New Path](#) - early intervention support to help people with severe mental illness with complex needs. Participants are typically aged 18-35. Woden Community Service.
- [Next Step Psychological Intervention Services](#) - high and low intensity; residential aged care facilities. Catholic Care.
- [Safe Haven Café](#) – a welcoming, non-clinical, safe space for people experiencing suicidal thoughts and emotional distress to go to for connection and support from peer workers. Stride Mental Health Services.
- [The Way Back Support Service](#) - supports people in the first few months following a suicide attempt. Woden Community Service.

Youth Mental Health Services

- [Dialectical Behaviour Therapy \(DBT\) for Emerging Adults](#) - University of Canberra.
- [headspace Canberra](#) – supports young people aged 12-25 their families, friends and carers. Grand Pacific Health.
- [headspace Tuggeranong](#)– supports young people aged 12-25 their families, friends and carers. Grand Pacific Health.
- [Next Step Psychological Intervention Services](#) - high and low intensity; youth and children under 12. Catholic Care.
- [Stepping Stones](#) - trauma informed care services targeting children aged 0-12 years (including after hours support). Catholic Care.

Aboriginal and Torres Strait Islander Youth Mental Health

- [Mental Health support service for First Nations people aged between 0 – 25 years.](#) - Winnunga Nimmityjah Aboriginal Health Services.

At Risk Populations Mental Health

- [Psychiatrist for At-Risk Populations](#) - Directions Health Services

LGBTIQA+ Community Mental Health

- [Equal Ground Program](#) - free mental health service for members of the LGBTIQA+ community living in the Canberra region. Marathon Health.
- [Inclusive Pathways Program](#) - free psychological therapies and social and emotional wellbeing support to LGBTIQA+ people. Meridian Incorporated.

Mental Health Support for Patients

- [Canberra Health Services – Adult Mental Health Services](#)
- [Canberra Health Services – Child and Youth Mental Health Services](#)
- [Canberra Health Services – Counselling and Social Work Services](#)
- [headspace](#) - National Youth Mental Health Foundation
- [Head to Health website](#)- a full range of digital mental health and wellbeing resources
- [Head to Health Canberra](#) - provides free psychological support over the phone or face to face with a trained mental health professional to anyone in ACT. No appointments or referrals required.

Mental Health Support for Aboriginal and Torres Strait Islander People

- [Winnunga Nimmityjah Aboriginal Health Services](#) - provide holistic health care services including a mental health support service for First Nations people aged between 0 – 25 years
- [13YARN \(phone 13 92 76\)](#) – a national support line for First Nations people in crisis
- [headspace - Yarn Safe](#) - provides mental health and wellbeing support to Aboriginal and Torres Strait Islander young people
- [iBobbly](#) - a free confidential self-help app designed by the Black Dog Institute in collaboration with First Nations communities
- [Strong Spirit Strong Mind](#) - online support to manage and reduce mental health, alcohol and other drug related harm
- [Thirrili](#) – First Nations suicide postvention services
- [WellMob](#) - social, emotional and cultural wellbeing online resources for First Nations people

Quik Library

Mental Health Resources

Culturally Competent Practice

- [Australian Indigenous Health Infonet](#) – health worker resources
- [Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention](#) – best practice screening and assessment
- [eCALD](#) - cultural and linguistic diversity competency training courses for health professionals
- [Mental Health First Aid Australia - guidelines for working with different population groups](#)
- [NSW Health – How can I support an Aboriginal person with a mental health condition?](#)
- [RACGP - Identification of Aboriginal and Torres Strait Islander patients in general practice: audit](#)

Suicide Prevention

- [Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention](#) - resources for clinicians and frontline workers
- [Question, Persuade, Refer](#) - a free online suicide prevention intervention for lay and professional gatekeepers.

Mental Health Literacy

- [Canberra Health Literacy](#) - provides training on health literacy for health professionals

Health Professional Education

- [Black Dog Institute](#) – accredited webinars for GPs and allied health professionals.
- [Medcast](#) – online courses for GPs and allied health professionals
- [Mental Health First Aid Australia](#) - mental health first aid guidelines
- [RACGP - e-Mental Health Guide](#) - provides advice on how to use technology to deliver mental health care in the primary care setting.

Mental Health Support Services for Health Professionals

- [AccessEAP](#) - Employee Assistance Scheme provided by CHN, free to all staff working in General Practices in the ACT. Call 1800 818 728.
- [Doctors' Health Advisory Service \(NSW & ACT\)](#)
- [DRS4DRS](#)
- [Nurse and Midwife Support](#)
- [RACGP - GP support program](#)
- [RACGP - Self-care and mental health resources](#)
- [TEN-The Essential Network for Health Professionals](#) – for all health professionals and Australian Association of Practice Management (AAPM) members