Resources for Allied Health Professional Webinars 8 & 9

Portals and evaluation support tools
- Head to Health
- Beacon https://beacon.anu.edu.au
- Reachout tools and apps https://au.reachout.com/tools-and-apps
- psyberguide https://psyberguide.org
- Mindtools portal https://mindtools.io

Websites, apps and online services
Supported programs:
- Mindspot
- ecentre clinic
- mentalhealthonline
- thiswayup

Examples of some stand-alone tools
- MyCompass https://www.mycompass.org.au
- Brave online (children and young people – anxiety) http://www.brave-online.com

Apps and resources (including those illustrated in Case studies):
Adults
- Mensline: https://mensline.org.au/
- Hello Sunday Morning website for reducing alcohol consumption: https://www.hellosundaymorning.org/
- This Way Up Depression program app: https://thiswayup.org.au/how-we-can-help/courses/depression/

Young people
- Reachout website: https://au.reachout.com/
- ReachOut Worrytime app: https://au.reachout.com/tools-and-apps/reachout-worrytime
- ReachOut Breathe app: https://au.reachout.com/tools-and-apps/reachout-breathe
- https://www.youthbeyondblue.com
Key research overviews and conceptual papers


Additional professional development resources