

Victoria University Counselling Services: e-therapy options

This list is current as of 10 Dec 2012 and is provided for an informational purpose. The use of these options is solely an individual's responsibility after consideration of their own personal circumstances and in consultation with a mental health professional. Victoria University does not take any responsibility for any content, consequences nor actions taken as a result of the use of these externally provided resources.

Crisis> Online chat lines [24/7 Support]

Headspace: Tel 1300 651 251

Lifeline: Tel 13 11 14

Suicide line: Tel 1300 651 251

Kids Help Line : Tel 1800 55 1800

[Counsellingonline](#): Tel: 1800 888 236

FAQs & Q&A sites

[Somazone](#): interactive and anonymous youth website

[Go Ask Alice](#): Interactive site and Q&A [Columbia University]

Factsheets

[Student Virtual Pamphlet Collection](#)

[BeyondBlue Information Resource](#)

[YouthBeyondBlue Fact sheets & info](#)

[NCPIC Resources](#): Behavioural Activation (doing more with your life); Stress Management (Stress less plans, exercise and diary), Refusal Skills (improving your confidence to decide to make changes to your areas of your life you aren't happy with) & Sleep hygiene (how to sleep better).