**Online sites to help with mental health:**

**Grow** <https://www.grow.org.au/>

GROW is a community based peer driven organisation that aims to help Australians recover from mental illness through a program of mutual support and personal development.

GROW Groups meet weekly and vary in size from three to ten members, and are run by seasoned members who have taken a voluntary leadership role within the group. There is no charge to participate in Grow programs. There are no assessments, no need for a diagnosis and no strict eligibility criteria. Over the course of each meeting, the group engages in a series of group discussions, interactions, and readings that follow a structure and timetable to ensure everyone has an opportunity to participate, and meetings finish on time.

***eGrow Program***eGrow offers the same Grow group experience in an online environment. eGrow is for Australians who aren’t able to attend a physical Grow group due to geographic limitations and has been extended to the broader community for the duration of the COVID 19 face to face group closures.

**Open Minds Mental Health Online Peer Support**<https://www.openminds.org.au/news/mental-health-online-peer-support>

Open Minds partnered with SANE Australia to host a free and anonymous online forum for anyone with mental health concerns. Peer support is offered for those affected by complex mental illness or those who care for someone who lives with a mental illness.

The forums are always open (no specific membership required) and moderated by trained professionals. Consumers set up a free account and post on the Open Minds SANE Forums. Also offers access to relevant blog articles

**Beyond Blue online forums** <https://www.beyondblue.org.au/get-support/online-forums>

Beyond blue promotes the forums as a space to “post if you want to chill out and socialise with other members on other topics”. Includes the popular BB Cafe and other long-running threads. There are forums for specific topics including anxiety, depression, PTSD, suidical thoughts and self-harm, staying well, long term support over the journey, multicultural experiences, sexuality and gender identity etc. Forum is free to all living in Australia, potential members need to sign up/register and agree to abide by the community rules and values. The forums are moderated to ensure respectful and safe content.

**YOUTH - ReachOut online forums** <https://au.reachout.com/forums>

ReachOut Forums advertises as a supportive, safe and anonymous space where people can engage in peer support. Includes featured posts e.g. turning negatives into positives, three positives of the day. Trouble shooting problems). Also has purely social these e.g. memes/funny stuff and chit-chat forums for social interaction.

**eHeadspace -** <https://headspace.org.au/eheadspace/>

Offers internet chat, email or phone support for young people (aged 12-25yrs) with a range of issues.