

Free online resources and where to get help

Supporting tapering



Surviving Antidepressants: peer support. Offers free resources for tapering psychiatric drugs.



Inner Compass Initiative: founded by former antidepressant users offering free resources and support



Harm Reduction Guide to Coming Off Psychiatric Drugs: free guide on stopping antidepressants and withdrawal.



Supporting wellbeing



This Way Up: free online program for insomnia.



Medicare Mental Health: free service that connects you with the mental health support that is right for you.



myCompass: free self-help tool for your mental health.



MindSpot: free, confidential psychological assessments and treatments, and access to qualified therapists.



Moodgym: free interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety



Help in a crisis



24/7 crisis support links:
<https://www.medicarementalhealth.gov.au/crisis-links>

