

Workplace resources, apps and digital tools



Workplace Mental Health Toolkit

The toolkit provides an overview of mental health, and detailed information on stress, depression and anxiety in the workplace. It includes best practice advice on seeking help, tips on supporting others and information on wellbeing and staying well at work.

[Learn more](#)



HeadGear

HeadGear is a free app that guides you through a 30-day mental fitness challenge. Based on techniques scientifically proven to build good mental health, it features a range of simple, engaging daily activities to help reduce and manage stress, improve sleep, connect better with friends and deal with difficult situations. You can download HeadGear through the App Store or Google Play.



The Black Dog Institute Online Clinic



The Black Dog Online Clinic offers a short clinical assessment for common mental health concerns and navigates users to a range of useful resources. A personalised report with suggested support services and free or low-cost resources can be downloaded, printed, or emailed to share with family or a doctor. Responses are completely anonymous.

[Learn more](#)



myCompass

MyCompass can help people when they are feeling down, stressed, or anxious. It delivers evidence-based psychological techniques through customisable online learning activities based on the user's profile. Our research shows that users can experience improvements in symptoms when using myCompass regularly for 7-weeks.

[Learn more](#)



Fact sheets and resources

Black Dog Institute has developed a range of mental health fact sheets on key topics including specific treatments, mental health conditions, and supporting others.

[Learn more](#)