

What should I do now?

Your quiz results



TIME AND DATE OF QUIZ COMPLETION

20 June 2023, 1:05pm

Thank you for completing the Head to Health quiz.

You've just taken the first steps towards looking after your wellbeing. This is a handy record of your results, with quick links to the actions you can take.

Here's how you can use this resource:

- Take a moment to read your results and try a few of the suggested services.
- Learn about the quiz, and how it can help start a conversation with your GP.
- Keep a record of your answers to see if they change over time.

Your results and services

The following pages include a summary of the services that have been matched to your quiz results and your goals.

You'll find a mix of helpful resources and programs and services to try, so you can pick what suits you best. You might like to start with one now, or come back later.

Whenever you are ready, access your results and services online:

- Use your unique link <https://www.headtohealth.gov.au/q/92bh> or,
- scan the QR code on the right.



Scan the QR code

Your quiz results

Taking some steps now can help to boost your wellbeing

Your answers suggest that you might be finding daily life a little harder and less enjoyable than normal. Completing this quiz today is a great first step in finding out what you can do to improve the way you feel.

There are some practical steps you can take to improve your wellbeing. Acting now can prevent things from getting worse and help you to feel better.



Your responses indicate that taking some steps now can help to boost and protect your mood and mental wellbeing.

Services for your mood and mental wellbeing

How did you get matched?



Your health – You've been asked some questions about your health to connect you with appropriate services for what you're experiencing.



Your personal needs – You've been asked some general background questions, like your age group. This is to help connect you with services relevant to you.



Your focus – You've been asked to select a maximum of three (3) goals to help find services that focus on what is most important for you. Here is what you've selected:

- Help for a specific mental health condition
 - Depressive Disorders
 - Feeding & Eating Disorders
- Feel better about myself

Try something by yourself

Here you'll find effective and trusted services to improve your mental health and wellbeing that you can try by yourself.

Find all the services suitable for you in one place

To access any of these services or see more options, go to your results online:

<https://www.headtohealth.gov.au/q/92bh>



Better understand what you're experiencing [↗](#)

Things to do - 4 services

Black Dog Institute

Online Clinic

The Online Clinic takes you through a range of clinical assessments for common mental health conditions. You will then receive a personalised report with suggested support services and free or low-cost resources for you to access. Note: This is not a diagnosis, only a clinician can give a diagnosis

www.headtohealth.gov.au/s/82jj

Free

Black Dog Institute

Depression self test

This brief questionnaire will give you an idea of the likelihood that you are dealing with depression. Please note, results are not a diagnosis, however the report is a useful tool to start a conversation with a health professional about your concerns.


www.headtohealth.gov.au/s/284s

Free

MindSpot

Online Assessment

Complete your online assessment to learn more about your symptoms, and how you can manage them. Your results can be discussed with a mental health professional. Your results can also indicate which MindSpot treatment course might be helpful for you right now.

 [1800 61 44 34](tel:1800614434)

 www.headtohealth.gov.au/s/285x

 Free

Mental Health Online

Online Psychological Assessment (e-PASS)

The e-PASS is a self-assessment (25-60 mins to complete) which asks questions about mental health and lifestyle factors, provides a summary of symptoms you may be experiencing and suggestions for which Mental Health Online programs may be helpful. Note: This does not give a clinical diagnosis.

 www.headtohealth.gov.au/s/27ed

 Free

Things to read - 9 services

MindSpot

10 Tips for Staying Resilient

This free resource was developed by MindSpot to provide tips on staying resilient. It contains practical skills and activities to help you maintain and improve your resilience, and help manage symptoms of stress, anxiety and depression.

 www.headtohealth.gov.au/s/82kw

 Free

Beyond Blue

Heads Up | Deciding to tell people at work

There's no right or wrong answer when it comes to telling people at work about your mental health condition. Whether you choose to tell others can depend on how much your condition affects your role, the amount of support you have outside the workplace and your relationships with your workmates.

www.headtohealth.gov.au/s/82kn

Free

The Butterfly Foundation

Eating disorders explained

Everyone's experience of an eating disorder is unique; they aren't a lifestyle choice, or a cry for attention. We explain what you need to know about eating disorders.

www.headtohealth.gov.au/s/35j4

Free

Centre for Clinical Interventions

Looking After Someone - Disordered Eating

Information to help carers understand disordered eating, stages of change and looking after your own well-being.

www.headtohealth.gov.au/s/923d

Free

National Eating Disorders Collaboration

Eating disorders - Understanding the warning signs

There are various physical, psychological, and behavioural warning signs that can signal the onset or the presence of an eating disorder. In this resource you will find some of the most common warning signs of an eating disorder.

www.headtohealth.gov.au/s/35uw

Free

4 more services available in this category on Head to Health

To access any of these services or see more options, go to your results online:

<https://www.headtohealth.gov.au/q/92bh>



Boost your wellbeing [↗](#)

Things to do - 1 service

Black Dog Institute

HeadGear

HeadGear is a free, easy-to-use smartphone app that guides you through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety. HeadGear has been designed with a male audience in mind, however, is appropriate for everyone aged 18+.

www.headtohealth.gov.au/s/35dr

🆓 Free



Learn from others with similar experiences [↗](#)

Things to listen to - 2 services

The Butterfly Foundation

Let's Talk Podcast - Body Image and Eating Disorders

Our podcast connects you with experts, people with a lived experience and their families and carers. Whether you're personally affected, you're caring for a friend or family member, or want to find out more about body image issues and eating disorders, listen to Butterfly: Let's talk Podcast

www.headtohealth.gov.au/s/27ej

🆓 Free

<p>Lifeline Australia</p> <p>Oliver's story of holding on to hope Fighting depression</p> <p>Oliver's story of holding on to hope through depression and the healing support of friends. At 14 Oliver began a slide into darkness that gradually became unbearable. Here, Oliver - now 23 - and his friends share their journey of understanding and the importance of staying connected.</p>	<p>www.headtohealth.gov.au/s/82ut</p> <p>Free</p>
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Things to read - 2 services

<p>Black Dog Institute</p> <p>Anxiety and depression - Gisela's story</p> <p>Gisela's story about her experiences with depression and anxiety and her diagnosis.</p>	<p>www.headtohealth.gov.au/s/v1n7</p> <p>Free</p>
<p>Black Dog Institute</p> <p>Anxiety - Damien's story</p> <p>Damien's story about his experience with anxiety.</p>	<p>www.headtohealth.gov.au/s/27ke</p> <p>Free</p>



Try online treatments [↗](#)

Things to do - 9 services

<p>e-hub Health</p> <p>e-couch Depression program</p> <p>Provides information about depression and teaches a range of evidence-based approaches to help you reduce depressive symptoms and improve your life.</p>	<p>www.headtohealth.gov.au/s/449n</p> <p>Free</p>
<p>e-hub Health</p> <p>moodgym</p> <p>An online self-help program to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book that teaches skills based on cognitive behaviour therapy (CBT).</p>	<p>www.headtohealth.gov.au/s/h197</p> <p>Free</p>
<p>MindSpot</p> <p>Wellbeing Course</p> <p>The MindSpot Wellbeing Course helps adults aged 26-65 years learn to manage mild, moderate, and severe symptoms of depression and anxiety by learning core skills that will improve your confidence, and help you get back to living a full and satisfying life.</p>	<p>1800 61 44 34</p> <p>www.headtohealth.gov.au/s/284t</p> <p>Free</p>
<p>Mental Health Online</p> <p>Depression Online Program</p> <p>Depression Online is designed to help you learn and implement skills and strategies to manage depression and improve your overall mental health and wellbeing.</p>	<p>www.headtohealth.gov.au/s/w9rz</p> <p>Free</p>

Mental Health Online

Made-4-Me Program

The Made-4-Me program is designed to help you manage up to three mental health issues (depression, generalised anxiety, panic disorder, post-traumatic stress, social anxiety, obsessive compulsive disorder).

 www.headtohealth.gov.au/s/h1at

 **Free**

4 more services available in this category on Head to Health

To access any of these services or see more options, go to your results online:

<https://www.headtohealth.gov.au/q/92bh>

Try talking to someone

We can connect you to qualified providers who can assess your situation further and help you. There are also options to connect with someone who has had similar experiences to you.

Many services are free or low cost. The costs for seeing a GP or other mental health professional may be fully covered by Medicare, or you may need to pay some of the fee. You can see some information about costs below, and you can also ask when you make contact.

Services are available on the phone, online or in person.

Find all the services suitable for you in one place

To access any of these services or see more options, go to your results online:

<https://www.headtohealth.gov.au/q/92bh>



Someone who's trained to provide support

Via phone or video call - 3 services


Find a local phone service that suits your needs.

Beyond Blue

Phone Support Service

The Beyond Blue Phone Support Service provides mental health support for people who are concerned about anxiety, depression or suicide.

Give us a call any time to talk to a trained counsellor. We'll be there to offer support, provide information and advice, and point you in the right direction.

 [1300 22 4636](tel:1300224636)


 www.headtohealth.gov.au/s/53nn

 **Free**

The Butterfly Foundation

Butterfly National Helpline

Free and confidential counselling support for anyone concerned about eating disorders or body image issues, whether you need support for yourself or someone you care about. All our counsellors are qualified mental health professionals with specialised training in eating disorders and body image

 [1800 334 673](tel:1800334673)

 www.headtohealth.gov.au/s/w9sx

 **Free**

Lifeline Australia

Lifeline Crisis Support Services

Lifeline offers confidential one-to-one conversations with a trained Lifeline Crisis Supporter for people who are feeling overwhelmed or having difficulty coping. This short-term support service is available via phone calls, text/SMS and online chat.

 [13 11 14](tel:131114)

 www.headtohealth.gov.au/s/h1dd

 **Free**


Webchat, email or SMS – 2 services

If you prefer to communicate in writing, these services are staffed by trained providers who can provide you with support.

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Butterfly National Helpline

Free and confidential counselling support for anyone concerned about eating disorders or body image issues, whether you need support for yourself or someone you care about. All our counsellors are qualified mental health professionals with specialised training in eating disorders and body image

 [1800 334 673](tel:1800334673)

 www.headtohealth.gov.au/s/w9sx

 **Free**

Lifeline Australia

Lifeline Crisis Support Services

Lifeline offers confidential one-to-one conversations with a trained Lifeline Crisis Supporter for people who are feeling overwhelmed or having difficulty coping. This short-term support service is available via phone calls, text/SMS and online chat.

 [13 11 14](tel:131114)

 www.headtohealth.gov.au/s/h1dd

 Free



Someone who's qualified to provide assessment and treatment

Via phone or video call - 2 services

Find a local phone service that suits your needs.

MindSpot

Teletherapy

Telephone therapy from a registered therapist that uses proven techniques to help you overcome a range of common mental health difficulties, such as Depression, Anxiety and Stress.

 [1800 61 44 34](tel:1800614434)


 www.headtohealth.gov.au/s/h1aw

 Free

Head to Health

National Phone Service

You can make a free call to Head to Health on 1800 595 212 for advice and connection to the local mental health service or support that is right for you. This may involve referring you to your local Head to Health adult mental health service or Pop Up clinic.

 [1800 595 212](tel:1800595212)

 www.headtohealth.gov.au/s/44gb

 Free

Want to keep your results and find these services later?

You can access your results and services online with your unique link:

<https://www.headtohealth.gov.au/q/92bh>

About the Head to Health quiz

The Head to Health quiz is based on over 15 years of clinical research with GPs and their patients, led by the University of Melbourne. The quiz is based on a question set and predictive algorithm known as Link-Me. Link-Me's unique decision support tool has been tested with GPs and Primary Health Networks (PHNs) across Australia in a gold-standard, randomised control trial. The trial found that using the tool to inform the best intervention improved patient outcomes.

Important information: To protect your privacy, Head to Health does not keep your results linked to any personal information about you. The University of Melbourne may use anonymous quiz responses to enhance the Head to Health quiz. Your name and other identifying details will not be shared with the University of Melbourne.

What does that mean for me?

It means that while the quiz won't provide you with a diagnosis (you need to see a health professional for that), it is based on reputable and trusted research.

It's designed to encourage early reflection, self-awareness and action by connecting people with the information, services and tools that are right for them.

Using your results to start a conversation with a GP or health professional

Talking to your GP, or other health professional, about what you are experiencing can be a very helpful step in managing your wellbeing. This is especially true if you feel like things aren't improving, or you're feeling worse. Take this document along to any appointments you have. Your GP or health professional can use this information to support you by:

- reviewing your answers so they can have a helpful conversation with you
- understanding your goals and the things you'd like to work on
- reviewing the information and services suggested already and helping you pick out those they think will be particularly good to try.

To help you prepare for that conversation, you may also want to read the information on preparing for your first appointment – <https://www.headtohealth.gov.au/finding-help/preparing-for-first-appointment>.

In follow up conversations with your GP or health professional, let them know how you are going with the suggested services and ask if they can suggest some others you might find useful.

Information to the GP or health professional

Your patient has used the Department of Health and Aged Care's Head to Health Quiz to better understand what they're experiencing and to find out about services that might be helpful for their mental health and wellbeing.

You can see their results in the document below. These results don't provide a clinical diagnosis; they are intended to provide guidance about relevant information and services.

The questions in the Head to Health Quiz are based on the decision support tool used in the national Link-me randomised controlled trial. Link-me used these questions to target the level intensity and type of treatment provided to patients. In the trial, people who were at higher risk of severe symptoms in 3 months' time benefited from treatment that included collaborative goal setting, monitoring and review with a health professional.

The Link-me questions were informed by the University of Melbourne's 10-year diamond Cohort Study, which examined diagnosis, management and outcomes of depression in primary care and incorporates validated tools, including the Generalised Anxiety Disorder Assessment (GAD-

7) and the Patient Health Questionnaire (PHQ-9). The Head to Health quiz also includes these validated tools.

You may want to review the resources and services that have been suggested to your patient (based on their quiz answers) and discuss with them what might be a helpful first step for improving their mental health and wellbeing.

To read more about the research and clinical trials behind this quiz, go to unimelb.edu.au and type 'Link-me' into the website's search function.

If you, or anyone else, is in immediate danger please **call 000**.



If you are experiencing mental health distress please contact a crisis helpline - <https://www.headtohealth.gov.au/crisis-links>

Head to Health is a free, confidential service from the Australian Government.

www.headtohealth.gov.au



© Head to Health acknowledges Aboriginal and Torres Strait Islander peoples as the traditional owners of country throughout Australia, and their continuing connection to land, sea and community. We pay our respects to them and their cultures, and to elders both past and present.



Australian Government
Department of Health and Aged Care

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