



Australian Government

Department of Education, Employment  
and Workplace Relations



## Mental Health Resources

**Reachout** – Designed for young people in response to Australia’s rising suicide rates.

[www.Reachout.com.au](http://www.Reachout.com.au)

**Youth Beyond Blue** - Youth specific website for Beyond Blue, the National Mental Health Initiative.

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**Mental Health Association of NSW**

[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

**The Mental Health Council of Australia** (MHCA) is the peak, national non-government organisation representing and promoting the interests of the Australian mental health sector.

[www.mhca.org.au](http://www.mhca.org.au)

SANE Australia is a national charity working for a better life for people affected by mental illness.

[www.sane.org](http://www.sane.org)

**e-hub** is an initiative of the Centre for Mental Health Research at the Australian National University. e-hub develops and evaluates websites that deliver psycho-education and psychological interventions for common mental health problems, as well as clinical and consumer networking.

[www.ehub.anu.edu.au/about.php](http://www.ehub.anu.edu.au/about.php)

e-hub developed additional resources:

<http://ecouch.anu.edu.au/welcome>

<http://moodgym.anu.edu.au/welcome>

Free online resources----->

<http://bluepages.anu.edu.au/>

<http://www.beacon.anu.edu.au/>

**Making Changes** is a series of fact sheets for assistance in many areas of General and Mental Health.

[www.makingchanges.com.au/resources.asp](http://www.makingchanges.com.au/resources.asp)

**Life-with-Confidence** is a series of fact sheets for assistance in many areas of General and Mental Health.

[www.life-with-confidence.com/index.html](http://www.life-with-confidence.com/index.html)

**The Black Dog Institute** is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

**Psychosis Sucks** (Canadian site) promotes early detection, educates about psychosis and provides direction for seeking help for young people.

[www.psychosissucks.ca/epi/](http://www.psychosissucks.ca/epi/)

Developed by Jordan Thomas (NSW School link Initiative) and Shane Smith (NDCO)

**Kids Matters** are a group of Occupational Therapists who are passionate about helping children reach their potential. We look for the root causes in every "problem" behaviour or developmental delay and specialise in helping to address these from the bottom up.

[www.kidsmatters.com.au](http://www.kidsmatters.com.au)

**Behavioural Neurotherapy Clinic Committed** to treating the underlying causes of Attention Deficit Hyperactivity Disorder, Spectrum Disorders and a range of other Neurological disorders including Aspergers and Autism.

[www.adhd.com.au](http://www.adhd.com.au)

**Mental Illness Fellowship**, provides accurate and current information to people with a mental illness, carers, clinicians and the general public.

[www.mifa.org.au/help-advice](http://www.mifa.org.au/help-advice)

**Mood Manager** – a unique and powerful program for boosting your mood and helping you to feel better. Allow's for the creation of an online mood diary and the ability to analyse this.

[www.moodmanager.com.au/index.php](http://www.moodmanager.com.au/index.php)

**"The healthy TAFE" & "The Healthy Uni"** an interactive source of information that is available for Uni and TAFE students with depression and anxiety.

[www.services.unimelb.edu.au/counsel/YMHLP/tafe/index.htm](http://www.services.unimelb.edu.au/counsel/YMHLP/tafe/index.htm)

[www.services.unimelb.edu.au/counsel/YMHLP/uni/index.htm](http://www.services.unimelb.edu.au/counsel/YMHLP/uni/index.htm)

**Headspace** is Australia's National Youth Mental Health Foundation.

[www.headspace.org.au/](http://www.headspace.org.au/)

### **Substance Abuse:**

DRUG ARM Australasia is committed to the promotion of a healthy lifestyle without the use of unnecessary drugs.

[www.drugarm.com.au](http://www.drugarm.com.au)

### **Grief and Bereavement**

National Association for Loss & Grief (NALAG) is one of the leading providers of loss, grief and bereavement education in New South Wales, Australia.

[www.nalag.org.au/](http://www.nalag.org.au/)

### **Positive Psychology Resources**

A Movement that focuses on helping people to live more fulfilling lives; sees psychology as a study of strength and virtue, not just disease, weakness, and damage. Also looks at the science of what it takes to thrive in society and the elements that can be TAUGHT, to increase your wellbeing and overcome such things as depression and anxiety.

<http://www.thehappinessinstitute.com/default.aspx>

<http://positivepsychologynews.com/>

<http://positivepeoplesolutions.com.au/index.html>

<http://zenhabits.net/>

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

**Lifeline: 13 11 14**