

MENTAL HEALTH SERVICES—General



Australian Government
Department of Health

The **Department of Health** has a diverse set of responsibilities, but throughout there is a common purpose, which is reflected in our Vision statement: Better health and wellbeing for all Australians.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/Mental+Health+and+Wellbeing-1>



Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

<http://www.lifeline.org.au/Home>



Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

<http://www.kidshelpline.com.au/teens/>



The **Suicide Call Back Service** is a 24-hour, nationwide service that provides telephone and online counselling to people 15 years and over.

<https://www.suicidecallbackservice.org.au/>



beyondblue is an independent, not-for-profit organisation working to increase awareness and understanding of anxiety and depression in Australia and to reduce the associated stigma.

<http://www.beyondblue.org.au/>



Youthbeyondblue website We all have good days and bad days. However, if you're feeling sad, down or anxious and these feelings have started to affect what you would normally enjoy or do, then it's important to find out what's going on and what you can do about it.

<http://www.youthbeyondblue.com/home>



KidsMatter has already made a positive difference to the mental health and wellbeing of Australian children and their ability to learn. To help grow health, happy minds find out how you can get involved in KidsMatter today.

<http://www.kidsmatter.edu.au/>



Orygen Youth Health (OYH) is a world leading youth mental health organisation based in Melbourne, Australia, with a specialised youth mental health clinical service, internationally renowned research centre and integrated training and communications program.

<http://oyh.org.au/>



Featuring: This CD of relaxation exercises has been created by Orygen Youth Health to help young people chill out during difficult times. You can purchase the CD from the Online Store or follow the instructions below to download the audio files.

<http://oyh.org.au/training-resources/free-downloads/pause>



myrollercoaster is a program of Uniting Care Goulburn North East (UCGNE).

- *Get info on Grief and Loss
- *Place to share your experiences
- *Free Counselling and support
- *What's happening in Wang?

<http://www.myrollercoaster.org.au/>



Headspace is the National Youth Mental Health foundation. We help young people who are going through a tough time.

<http://www.headspace.org.au/>



headspace School Support is an initiative funded by the Federal Government, Department of Health and Ageing, that provides localised support to secondary schools affected by a suicide.

<http://www.headspace.org.au/what-works/school-support>



MindMatters is an Australian Government funded initiative that uses a whole school approach to promote mental health and wellbeing. MindMatters works in three key areas, school ethos and environment, that's just how the school works, curriculum - how and what you learn and partnerships with community and family to extend support.

<http://www.mindmatters.edu.au/>



Living Is For Everyone (LIFE) is a world-class suicide and self-harm prevention resource.

<http://www.livingisforeveryone.com.au/Home.html>



mindhealthconnect brings Australia's leading mental health providers together in one place - allowing you to find mental health information you can trust. Start now with the guided search, website search or Topics A-Z to take those first positive steps towards a healthier and happier you.

<http://www.mindhealthconnect.org.au/>



Children of Parents with a Mental Illness Information for young people about mental illness - including how to cope, how to get support, and what you can do to help your parent when they're unwell.

<http://www.copmi.net.au/>



The **National Eating Disorders Collaboration** (NEDC) brings research, expertise and evidence from leaders in the field together in one place. It's a one stop portal to make eating disorders information a lot more accessible for everyone.

<http://www.nedc.com.au/>



BLACK DOG INSTITUTE

The **Black Dog Institute** is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

<http://www.blackdoginstitute.org.au/>



ReachOut.com is Australia's leading online youth mental health service, where you can get the help you need, where and when you need it.

<http://au.reachout.com/>



SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research.

<http://www.sane.org/>

Got a Question?



<http://www.youtube.com/watch?v=XiCrniLQGYc>

I had a black dog, his name was depression

Published on Oct 2, 2012

At its worst, depression can be a frightening, debilitating condition. Millions of people around the world live with depression. Many of these individuals and their families are afraid to talk about their struggles, and don't know where to turn for help. However, depression is largely preventable and treatable

<http://www.youtube.com/watch?v=IBUhxak0cRc>

Feel Good 101: Depression

Published on May 24, 2013

Scruffy girl makes good sad talkey.
But seriously, I hope I didn't 'generalise' too much, but there are people who can help you, even if it comes down to simply helping yourself.

<http://www.youtube.com/watch?v=KfWN5EW5eo4>

Jim Carrey on Spirituality and Overcoming Depression.

Uploaded on Sep 20, 2010

As one who has had his bouts with depression, Jim Carrey reveals how important his spirituality is to his wellbeing

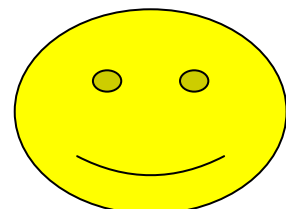
<http://www.youtube.com/watch?v=S5nAdEgH0Ms>

Get Happy in 5 Minutes

Uploaded on Jul 13, 2009

Feeling depressed, anxious or sad? Here are 7 tips to make yourself happy right now... it's less than 5 minutes, but watch it only if you believe it can work (if you're skeptical or not in the mood, this will make you throw-up in your throat a little and we don't want that).

***This is just a sample - go link happy.
Ask the question and follow the trail!***



Free APP's - just a sample...

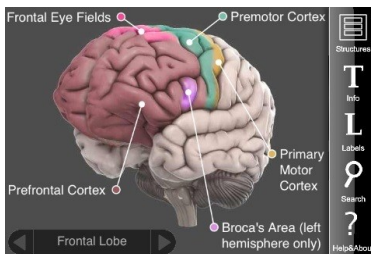


Mental Health 'WATS'

This Application aims to provide information on mental health in an interactive and user friendly way. This app includes information on different mental health issues, a video, activities and support contacts, and aims to reduce the stigma associated with mental health.

Everyone has mental health, whether it be good or bad, and the more we can talk about it and understand it, the more we can help those with mental health issues.

<https://play.google.com/store/apps/details?id=com.WATS.mentalhealth>



3D Brain

Use your touch screen to rotate and zoom around the interactive brain structures. Discover how each brain region functions, what happens when it is injured, and how it is **involved in mental illness**.

<https://play.google.com/store/apps/details?id=org.dnalc.threedbrain&hl=en>



Smiling Mind

Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. Smiling Mind is a free tool that will assist in improving the lives of young people, and is available online or as a smartphone App

<https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8>



The Checkin App,

beyondblue's idea for App Aid, The Checkin App, was sparked from a current project at beyondblue, called Having the Conversation. The app aims at giving young people the skills to have conversations with their friends about mental health.

<http://www.youthbeyondblue.com/do-something-about-it/thecheckin>