

#6 Where can I find additional information and resources about mental illness?

Websites

Black Dog Institute:

The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder. The website provides information about depression and bipolar disorder, including fact sheets and online training. (Note: face-to-face services are only available in NSW).

- Website: <http://www.blackdoginstitute.org.au/index.cfm>

Beyond Blue:

beyondblue is working to reduce the impact of depression and anxiety in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience. An excellent source of training and information for managers in managing mental health in the workplace.

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

Blue Pages: Depression Information:

Produced by the Centre for Mental Health Research (CMHR) at the Australian National University (ANU), this website provides information and resources about depression and its symptoms, treatments and preventative measures.

- Website: http://bluepages.anu.edu.au/online_prevention/

Depressionet:

This website provides online mental health industry information, advice and support services. Monitored by professional support staff, live chat rooms and message boards provide immediate support to individuals who are living with mental illness and their families and friends. Referral information about local community services for face-to-face support is also available through the website.

- Website: <http://www.depressionet.com.au/>

Broomhall Young Psychology (BYP)

A private, Adelaide based professional consultancy company providing psychological services for staff and managers under EAP. BYP also provides training courses in managing stress in the workplace, bullying and harassment and mental health. BYP provides executive coaching for senior managers and working with female leaders and managing difficult personalities.

- Website: <http://www.broomhallyoung.com.au/>