

Mental Health Resources

International

Therapeutic Approaches

Bessell van der Kolk

Workshops
<https://byronclinic.com>

Dialectical Behaviour Therapy

<https://www.healthdirect.gov.au/dialectical-behaviour-therapy-dbt>

Sensorimotor Psychotherapy

<https://www.sensorimotorpsychotherapy.org/referral.html>

Books & Articles

[Pathways to Recovery Strengths: Recovery Self-Help Workbook](#)

[The Strengths Model: A Recovery-Oriented Approach to Mental Health Services](#)

Australian Organisations

National

One Door Mental Health

For people living with mental illness and their families to find an inclusive community, innovative services and advocacy support

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

Phoenix Australia

National centre of excellence that promotes recovery for Australians affected by trauma

<https://www.phoenixaustralia.org/>

Neami National

A community mental health service supporting people living with mental illness to improve their health, live independently and pursue a life

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

SANE Australia

Everything you need to know about mental health and illness including treatments, support and how you can help yourself.

<https://www.sane.org>

Beyond Blue

Support for anxiety, depression and suicide
<https://www.beyondblue.org.au/>

BlueKnot Foundation

Supporting adult survivors of childhood trauma and abuse
A national centre of excellence for Complex Trauma
<https://www.blueknot.org.au>

ProjectAir A Personality Disorders Strategy

Leader in research, education and treatment of Personality Disorders
<https://www.projectairstrategy.org/index.html>

New South Wales

New South Wales Department of Health

Mental Health Line 1800 011 511 (24 hour service)
<https://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx>

PHaM'S Program

Personal Help and Mentoring Program for people with Mental Health in NSW locations
<https://www.dss.gov.au/mental-health/programmes-services/personal-helpers-and-mentors/locating-a-personal-helpers-and-mentors-service>

Ability Links NSW

Connects people with disability to providers who offer services
<https://www.abilitylinksnsw.org.au>

Mental Health Carers NSW

Advocacy and support for people who experience mental illness in NSW
<https://www.mentalhealthcarersnsw.org>

South Eastern Sydney Recovery College

<https://www.seslhd.health.nsw.gov.au/recovery-college>

Western Sydney Recovery College

<https://wsydrecoverycollege.org.au>

STARTTS

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors
<http://www.startts.org.au>