Mental Health Resources

International

Therapeutic Approaches

Bessell van der Kolk
Workshops
https://byronclinic.com

Dialectical Behaviour Therapy

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

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)

PHaM’S Program
Personal Help and Mentoring Program for people with Mental Health in NSW locations

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

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