



TROUBLED TEENS

BLACK DOG INSTITUTE



RESOURCES about mood disorders

FOR YOUNG PEOPLE



RECOMMENDED WEBSITES

- www.yestolife.com.au
- www.bluepages.anu.edu.au a good source of education re depression and incorporating www.moodgym.anu.edu.au an online CBT program
- www.lawstuff.org.au
- www.thehormonefactory.com for 10-12 year olds
- www.adf.org.au. (the Australian Drug Foundation) Not youth specific, but has a 'Young People' section
- www.somazone.com.au – youth specific site developed by ADF
- www.headspace.org.au the website of Australia's Youth Mental Health Foundation recently established by the government and with lots of adolescent friendly information and resources
- www.reachout.com.au – an excellent youth oriented site on mental health issues. It is an activity of the Inspire Foundation which also runs 'Actnow' and 'Beanbag', with other resources for young people. ('Google' appropriate websites)
- www.ybblue.com.au the youth specific site of Beyond Blue
- www.michaelcarr-gregg.com.au
- www.tmhc.nsw.gov.au (Multicultural Mental Health Australia incorporating the Transcultural Mental Health Centres)
- www.itsallright.org – Diaries of four fictional teenagers touched by mental illness; factsheets, Helpline Online on mental illness including schizophrenia, bipolar disorder, depression and anxiety disorders- Australian website for young people



EMERGENCY PHONE NUMBERS (24 HOUR SERVICE)

Kids Help Line 1800 55 1800

Salvo Youth Line (Suicide prevention) (02) 9360 3000