

**beyondblue: national depression initiative:** [www.beyondblue.org.au](http://www.beyondblue.org.au)

Information on depression, anxiety and related substance-use disorders, available treatments and where to get help. Site includes a list of doctors and mental health practitioners.

The website also contains information to assist health professionals stay informed about helping people with depression, anxiety and related disorders.

**beyondblue website for young people:** [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

Information and advice on ways to recognise depression, how to talk about it and to inform young people about available services.

**Black Dog Institute:** [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder. Offers both public and health professional information

**Children of Parents with a Mental Illness COPMI:** [www.copmi.net.au](http://www.copmi.net.au)

Information and resources to support families affected by parental mental illness.

**Department of Veterans' Affairs (DVA):** [www.at-ease.dva.gov.au](http://www.at-ease.dva.gov.au)

Information on common mental health problems and services available for veterans and their families.

DVA also produces the [Mental Health Advice Book](#) to assist practitioners' in managing common mental health problems in the veteran community.

**GP Psych Support:** [www.psychsupport.com.au](http://www.psychsupport.com.au)

This is a secure and password protected website. Log in to submit your question and a response from a Psychiatrist will be made available to you on the website. Telephone and fax service also available. See Section 2.2.

**Health Information:** [www.healthinsite.gov.au](http://www.healthinsite.gov.au)

Australian Government website that covers a range of health topics including mental health. This site also offers links to other websites that cover mental health issues.

**Internet Mental Health:** [www.mentalhealth.com/p.html](http://www.mentalhealth.com/p.html)

Web-site designed by a Canadian psychiatrist. Contains links to a vast body of information, both for GPs and the general public. Links to information on disorders, diagnosis, medications, research, and on-line support groups for patients and families.

**Multicultural Mental Health Australia (MMHA):** [www.mmha.org.au](http://www.mmha.org.au)

MMHA actively promotes the mental health and wellbeing of Australia's diverse communities through a series of campaigns, projects and information fact sheets in a variety of languages. MMHA also produced a series of resources and training for specialist and mainstream mental health professionals.

**ReachOut.com:** [www.au.reachout.com](http://www.au.reachout.com)

The Reach Out site provides young people with information, help, support, advice and connections to help manage mental health difficulties. ReachOut.com has 3 key sections: **'Find'** provides information and stories on a range of mental health issues, **'Explore'** is a tool that finds information based on daily feelings, and **'Connect'** initiates connections with the community through forums, blog and youth participation area.

**SANE Australia:** [www.sane.org](http://www.sane.org)

Sane Australia produces a range of guides and publications on mental illness for health professionals, consumers, carers, family members, students and the general community.

**Tasmanian Mental Health Act (1996) DHHS** [www.dhhs.tas.gov.au](http://www.dhhs.tas.gov.au)

For information, forms and documents relating to the 1996 Mental Health Act click on Health and Wellbeing, click on Mental Health and click on Mental Health Act in the list on the left hand side of the page. Information on the current Mental Health Act Review is also available.