

Mental Health related websites:

www.rcnet.co.nz

Auckland Regional Consumer Network

www.mentalhealth.org.nz

Provides extensive information/ links on mental health in NZ

www.mindnet.org.nz

Mental health promotion and prevention newsletter

www.likeminds.org.nz

Focus on reducing the stigma of mental illness and the discrimination that people experience of mental illness face everyday in the community.

www.sfauckland.org.nz

Supporting Families in Mental Illness

www.spinz.org.nz

NZ suicide prevention information service

www.depression.org.nz

NZ's national depression initiative.

www.balance.org.nz

Bipolar and Depression Network

www.kites.org.nz

Seek to improve the active participation of people experiencing mental illness in the community.

www.cads.org.nz

Community Alcohol and Drug Services

www.alac.org.nz

Alcohol Advisory Council of NZ

www.werrycentre.org.nz

The Werry Centre for Child and Adolescent Mental Health

www.youthhorizons.org.nz

Supporting families and young people who are at risk of poor outcomes due to complex behavioral and/or mental health needs.

www.cyf.govt.nz/484.htm

Child, Youth and Family – Positive Parenting Information

www.parentandfamily.org.nz

The parent and family resource centre offers support, information and advocacy to parent and families/whanau who have children and young people with special needs

www.strengtheningfamilies.govt.nz

Coordinated support for families who are working with more than two agencies.

www.familyservices.govt.nz

Giving families access to information and coordinated social services. Includes National Directory and info on 211 Family Helpline.

www.waipareira.com

Provides range of services including mental health and addiction services

www.shakti.org.nz

Supporting Asian families

www.arms_mrc.org.nz

Auckland Regional Migrant Services, Settlement Support NZ

www.rms.org.nz

Refugee Resettlement support services

www.ethnicvoice.co.nz

Fosters collaborative relationships between Ethnic communities and government agencies through a collective voice...

www.ndsa.co.nz

Northern DHB Support Agency; a shared services agency (ADHB, CMDHB, WDHB) for areas of service provision identified as benefiting from a regional approach.

www.networknorth.org.nz

The Northern Region Mental Health and Addiction Services

www.platform.org.nz

Support services and community development in Mental Health. Look under Platform's Members for an extensive listing of community/residential service providers.

www.tepou.co.nz

National Centre of Mental Health Research and Workforce Development

www.matatini.co.nz

Maori Mental Health Workforce Development

www.mhc.govt.nz

The Mental Health Commission

www.ranzcp.org

The Royal Australian and New Zealand College of Psychiatrists

www.hdc.org.nz

Health and Disability Commissioner

www.youthline.co.nz

Support and information for young people including telephone counselling support.

www.lifeline.co.nz

Support and information for adults including telephone counselling support.

www.cab.org.nz

Provides free, impartial and confidential service of information, assistance and referral to people in our communities.

www.gmd.net.nz

GM Resource and Referral Directory, a resource primarily for professional referrers. Includes Crisis Information.

www.workandincome.govt.nz

Information about the services provided ie finding a job, getting assistance with benefits, employers and industry, support for communities.

International websites:

www.wfmh.com

World Federation for Mental Health is the only international, multidisciplinary, grassroots advocacy and education organization concerned with all aspects of mental health.

www.who.int/mental_health/en/

World Health Organization Mental Health site.

www.scmh.org.uk

Sainsbury Centre for Mental Health; England

www.heretohelp.bc.ca

BC Partners for Mental Health and Addictions Information; Canada

www.bjcbehavioralhealth.org

Affiliated member of BJC HealthCare offering comprehensive community based behavioral health services to children and adults; USA

www.vichealth.vic.gov.au

Victorian Health Promotion Foundation

www.vichealth.vic.gov.au/mentalhealth/index.htm

Victorian Government Mental Health Services website

www.youthmentalhealth.org

Promoting the mental health and well being of young people in Victoria

www.primarymentalhealth.com.au/site/index.cfm?display=14637

Australian General Practice Network Primary Mental Health

www.peersupport.org/latestNews.htm

Promoting peer support and recovery for people living with mental illness; USA

www.improvingchroniccare.org

Assure the delivery of effective, efficient clinical care and self-management support

www.natpact.nhs.uk/cms/2.php

Supporting people with long term conditions

<http://som.flinders.edu.au/FUSA/CCTU/Self-Management.htm>

The Flinders model on self management.