



Let's Talk Health

1 August 2018

Lifeline 13 11 14 <https://www.lifeline.org.au>

Resources

- Anxiety Disorders Association of Victoria (including support groups)
<https://www.adavic.org.au>
- Anxiety Australia – Clinical Psychologist in Hawthorn
<http://www.anxietyaustralia.com.au>
- Beyond Blue
<https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
- The Black Dog Institute
<https://www.blackdoginstitute.org.au/clinical-resources/anxiety>
- Bev Aisbett – books, online course, lived experience
<http://www.bevaisbettartofanxiety.com>
- Mindspot (Macquarie University)
<https://mindspot.org.au>
- Gidget Foundation (perinatal anxiety and depression)
<http://gidgetfoundation.org.au>
- Sane Australia – supporting all Australians affected by mental illness <https://www.sane.org>
- NPS Medicinewise – National Prescription Service <https://www.nps.org.au/medical-info/consumer-info>
- Russ Harris - next 8 week online course begins 28 August <https://www.actmindfully.com.au>
- iRest – yoga nidra <https://www.irest.us/try-irest-now>
- Sharee Johnson <http://www.shareejohnson.com.au>
- Justine Anderson <https://www.thinkgrowconnect.com>

