

## Mental health links staff and students



Mind essentials information to assist when caring for a person experiencing

Anxiety disorder

Depression

Eating disorder

Personality disorder

Dementia

Mania

Mental illness in prenatal period

Hallucinations

Delusions

Schizophrenia

<http://himh.org.au/site/index.cfm?display=122665>



SANE Australia Fact sheets and Podcasts

Definitions, symptoms and treatment for mental disorders

Multilingual translation

Information about Mind +Body

Suicide Prevention and Bereavement

#### 4.57 Mental Health Links

<http://www.sane.org/information/factsheets-podcasts>



LIFE Fact Sheets provide plain language summaries of key issues and suggest further sources of information and help. The fact sheets cover:

- 1-9: facts about suicide and suicide prevention
- 10-14: designing and implementing prevention activities
- 15: working with communities
- 16-20: information on some at risk groups
- 21-23: warning signs and responding to individuals
- 24: how to respond to your own suicidal thoughts

<http://www.livingisforeveryone.com.au/LIFE-Fact-sheets.html>



Oz Help provides a range of case studies and more than 40 fact sheet related to;

Depression, stress and suicide

Alcohol

Help to cope or assist

[http://www.ozhelp.org.au/resources/fact\\_sheets.shtml](http://www.ozhelp.org.au/resources/fact_sheets.shtml)

#### DEEWR Graduate Professional Development Program

The objective was to adapt, deliver and evaluate a life skills program for use among graduates in white collar industries. The GDP aimed to build awareness of suicide and mental health issues, resilience and contribute to the personal and professional development of graduates in a structured program. The GDP was supported by a Mentoring Program, offered to graduate supervisors, aiming to reinforce the professional development of graduates by training supervisors in effective mentoring skills and mental health and suicide awareness. The GDP was offered to 120 graduates across four government agencies and one legal firm starting their graduate programs in 2009. For information on the program contact

<http://www.humancapitalalliance.com.au/deewr.html>