

Internet Resources for Counsellors 2009 Update

By Angela Lewis

As promised, I have updated our 'Internet Resources for Counsellors' list which was last issued in January 2008. This document contains selected websites that have featured in my Internet Resources columns published in the ACA Journal over the past few years as well as site addresses published in past issues of the ACA e-zine newsletter. This list is in alphabetic order based on categories, but as you will notice some could belong in more than one category.

While these Internet addresses were correct at the time of printing, readers are advised website addresses could change at any time and neither Angela Lewis nor ACA take any responsibility for these addresses remaining correct or in working order at any time in the future (the nature of the Internet being what it is ☺). If members wish to suggest inclusions to this list, please email either Philip Armstrong or myself with any websites you would like to share with fellow members and we will be sure to include them in next year's update.

Addiction

www.sexaa.org. Home page of Sex Addicts Anonymous who advertise themselves as a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

<http://www.aa.org.au/>. Alcoholics' Anonymous site with links to groups Australia wide.

www.gamblersanonymous.org.au. Offers help for compulsive gamblers and their families and friends. This site also includes programs, testimonials and other links to help in the gambling journey.

<http://www.naoz.org.au>. Website of Narcotics Anonymous, providing information about events and meetings in Australia.

<http://www.adca.org.au/>. The Alcohol and other Drugs Council of Australia (ADCA) is a national, non-government organisation representing the interests of the Australian alcohol and other drugs sector, providing a national voice for people working to reduce the harm caused by alcohol and other drugs.

<http://www.addictionrecoveryguide.org/>. The Addiction Recovery Guide.

<http://ndarc.med.unsw.edu.au/ndarcweb.nsf/page/home>. Website of the National Drug and Alcohol Research Centre (NDARC) of the University of New South Wales. Has links to publications and resources surrounding drug abuse.

www.netaddiction.com. This website deals specifically with Internet addiction issues such as cyber-pornography addiction, chat room addiction and eBay addiction.

<http://psychcentral.com/netaddiction/>. Provides some good information and articles on the topic of Internet addiction issues.

http://www.medicinenet.com/sexual_addiction/article.htm. MedicineNet.com is an online, healthcare media publishing company and this link gives an overview of sexual addiction.

<http://www.webmd.com/mental-health/features/shopping-spree-addiction> is an interesting link takes you to an article on shopping addiction from the WebMD website.

Alcohol

<http://www.aa.org.au/>. Alcoholics Anonymous site with links to groups Australia wide.

<http://youth.wyndham.vic.gov.au/support/alcohol>. Wyndam is a Victorian government service which offers withdrawal, rehabilitation supported accommodation and community programs for young people 12-21 experiencing drug and/or alcohol problems.

<http://www.adca.org.au/>. The Alcohol and other Drugs Council of Australia (ADCA) is a national, non-government organisation representing the interests of the Australian alcohol and other drugs sector, providing a national voice for people working to reduce the harm caused by alcohol and other drugs.

Alzheimer's Disease

www.alzinfo.org. The Fisher Center For Alzheimer's Research Foundation is an American Body headed by a Nobel prize winning scientist. The site provides information on treatments and research as well as having a strong focus on education and awareness.

www.alzheimers.org.au. Website of the peak Australian body providing support and advocacy for the Australians living with dementia.

www.alzheimersonline.org. Queensland based not-for-profit community organisation whose is to help maintain the quality of life of people diagnosed with dementia and their caregivers.

Anxiety, Panic Attacks/Disorder

www.anxietyaustrala.com.au. An independent site which provides information about anxiety disorders, the treatment options, psychologists around Australia who treat anxiety disorders, group therapy & workshops, support groups, articles, resources and links to other sites.

www.ada.mentalhealth.asn.au. Anxiety Disorders Support and Information (ADSI) is a program of the Mental Health Association NSW Inc and includes information on anxiety Agoraphobia and panic attacks.

www.panicattacks.com.au. This website is run by the Panic Anxiety Disorder Association Inc. (PADA Inc) a consumer organisation representing people who have an anxiety disorder. It provides articles and links related to panic attacks and anxiety.

<http://psychcentral.com/disorders/anxiety/phobias.html>. PsychCentral's website provides a huge range of free information related to various anxiety disorders.

www.panicanxietydisorder.org.au. Panic Anxiety Disorder Association.

Asperger's Syndrome

<http://www.ninds.nih.gov/disorders/asperger/asperger.htm>. The National Institute of Strokes and Neurological Disorders probably has the most comprehensive information I was able to find.

<http://home.vicnet.net.au/~asperger>. The home page for families with a member suffering from Asperger's Syndrome in Australia.

<http://www.udel.edu/bkirby/asperger/aswhatisit.html>. An organisation called 'oasis' functions as an information and support portal for sufferers and their families.

www.artzoo.com/health/autism.htm An easy to read overview of Asperger's.

<http://www.aspergerssyndrome.net/>. Links to the first 6 chapters of a book related to ADHD, written that was written by a clinical psychologist.

Autism

www.autismsupport.org.au/. The Autism and Aspergers Support Group homepage.

www.autismsa.org.au/html/about/family_support.htm. Website of Autism South Australia, a support group for carers of people with Autism or Asperger syndrome

www.exploringautism.org The Exploring Autism website is the collaborative effort of Autism Genetics Cooperative, a group of researchers and clinicians working with the help of families with children affected by Autism to find the genetic causes of Autism.

www.autismvictoria.org.au/parents. Help and advice for parents with an Autistic child.

Brain

www.brainfoundation.org.au . An Australian site with details and information on headaches and Acquired Brain Injury. It is very comprehensive, with carer education and support plus referral and information services.

www.heachaches.org. An American site that seeks to address headache sufferers with causes, treatments and self-management techniques.

www.braininjury.org.au. The Brain Injury Association of Queensland is the peak disability organisation in Queensland for those living with acquired brain injury.

The Brain Injury Centre website offers a range of holistic approaches to brain injury <http://www.braininjurycentre.com.au>.

Cancer

<http://www.nbcf.org.au>. Website of the National Breast Cancer Foundation.

www.cancer.org.au. National non-government cancer control organisation with the aim of facilitating prevention, research, support, and care

www.cancerbuddiesnetwork.org. The stated objective of Cancer Buddies Network (CBN) is to help everyone find that special buddy on the internet for the purpose of sharing, caring and supporting each other through the ups and downs of their personal experiences.

www.prostrate.com.au. Website of the Prostate Cancer Foundation of Australia (PCFA).

www.pcsog.org. Prostrate cancer support group based in the City of Onkaparinga, South Australia.

www.ncahs.nsw.gov.au/support/index.php?pageid=835&siteid=189. An initiative of the NSW Government, this Cancer Support Group Directory has been prepared by the North Coast Area Health Service.

<http://www.health.act.gov.au/c/health?a=da&did=10049549>. An ACT Government health service which provides psychological, social and practical support and referrals for adult cancer patients, their families and carers.

Caregivers and Caring

www.carers-sa.asn.au. Website of the Carers Association of South Australia.

www.facsia.gov.au/internet/facsinternet.nsf/disabilities/carers-nav.htm. Details Commonwealth Government programs and initiatives to support carers and provides links to other areas of Government involved in carer assistance.

<http://www.rdns.asn.au/>. Website of the Royal District Nursing Service. It

provides information about their services, questions & answers about home care, current relevant news articles and links to other services.

<http://users.sa.chariot.net.au/%7Eozcarers/welcome.htm>. OzCarers is a privately run support group for Australian caregivers.

www.mhca.org.au The Mental Health Council of Australia (MHCA) worked with mental health carers throughout Australia in early 2008 through its Carers Engagement Project.

Read the reports '*Out of Hospital Out of Mind*' (2003) and the '*Not for Service*' (2005)

Charitable Organisations

St Vincent DePaul – www.vinnies.org.au

The Smith Family – www.thesmithfamily.com.au

The Salvation Army – www.salvationarmy.org.au

UNICEF – www.unicef.org.au

Child Abuse

www.napcan.org.au. National Association for the Prevention of Child Abuse and Neglect is a national, independent, charitable organisation working as advocates for children who experience abuse or neglect.

www.ispcan.org. The International Society for Prevention of Child Abuse and Neglect.

www.kidshelp.com.au. Australia's only free, confidential and anonymous 24-hour telephone and online counselling service specifically for young people aged between 5 and 25.

www.childwelfare.gov/can/. While this is an American site, it offers a wide range of free material and information on from the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services on the topics of childwelfare, abuse and prevention.

Churches

The Catholic Church in Australia – www.catholic.org.au

The Anglican Church in Australia – www.anglican.org.au

The Assemblies of God in Australia – www.aog.org.au

The Baptist Church in Australia – www.baptist.org.au

The Lutheran Church of Australia – www.loa.org.au

The Uniting Church in Australia – www.uca.org.au

The Presbyterian Church of Australia – www.presbyterian.org.au

Wesleyan Methodist Churches - www.wesleyan.org.au

Church Services Online

www.i-church.org. Website for those that are unable to attend a church service or prefer an alternative form of worship. People from all denominations are welcome and there are daily web-cast services.

Dating/personal relationships

www.awareconnections.com. Relationships website dealing with 'holistic' dating.

www.rsvp.com.au. Dating for Australians.

www.thirdage.com. Website for dating and relationships for older Australians.

Dementia

www.dementiacareaustralia.com. Dementia Care Australia (DCA) is an independent information and education organisation specialising in supporting both people with dementia and their carers; be they family members, professional carers, employers or friends.

www.health.gov.au/dementia. Australian Government Department of Health and Wellbeing provides this comprehensive guide to Dementia.

www.psychology.org.au/publications/tip_sheets/dementia. Understanding Dementia by the Australian Psychological Society.

Depression

www.beyondblue.org.au. Australian organisation which provides information about depression to consumers, carers and health professionals.

www.blackdoginstitute.org.au. The Black Dog Institute is an Australian educational, research and clinical facility offering specialist expertise in mood disorders including depression and Bipolar Disorder.

www.depressionNet.com.au. Site run by non-health care professionals, who describe their web site as for 'people like us' - people from a variety of backgrounds who live with depression.

www.bluepages.anu.edu.au. This website provides information, resources and links about depression for consumers. It is produced by the Centre for Mental Health Research (CMHR) at the Australian National University (ANU) and CSIRO Mathematical & Information Sciences (CMIS) with the assistance of an Advisory Board and feedback from consumers and health professionals

www.mentalhealth.asn.au. The Mental Health Association NSW Inc is a non-government organisation and registered charity funded by NSW Health; while it is based in NSW it provides links to resources in all other states.

http://www.healthinsite.gov.au/topics/Postnatal_Depression. An Australian Government initiative by the Department of Health and Ageing. This specific link will take you to a range of articles on postnatal depression. Note the further links on the right of the page to depression and the mental health of women specifically.

www.crufad.com. The Clinical Research Unit for Anxiety and Depression is the website of a group of researchers and clinicians from St Vincent's Hospital Ltd and the University of New South Wales in Sydney, Australia who are concerned with anxiety and depression.

www.depnet.com.au. Depnet is an interactive depression website providing information and support for people with depression and aims to assist in improving the everyday life of people affected by depression.

Diabetes

www.diabetescounselling.com.au. This site offers online counselling for people with Type-1 diabetes. It is a free service and includes referrals and discussion forums. It may be of interest to members who are exploring the online counselling concept.

<http://www.dav.org.au/content.asp?rid=530>. Website of Diabetes Australia, which works to provide a community network for people with diabetes.

Divorce

www.aifs.gov.au/institute/links.html. Australian Institute of Family Studies website. Has links to publications and related sites on, building relationships, step-families, coping with change, coping with divorce, parenting and getting married.

www.health.nsw.gov.au/mhcs/publication_pdfs/5360/BHC-5360-ENG.pdf. NSW Health Department publication on how separation or divorce affects men's health.

www.dadsindistress.asn.au. Dads in Distress is a not for profit Australian support group for men who are dealing with the trauma of divorce or separation.

Domestic Violence

http://www.whv.org.au/packages/domestic_violence.htm. Women's Health Victoria provides an annotated bibliography of selected quality resources about domestic violence against women.

<http://www.thewomens.org.au/SexualAssault>. The Centre against Sexual Assault is a unit run by the Royal Women's Hospital in Victoria. Their website provides a comprehensive source of information; including statistics, definitions and availability of education and training.

www.aic.gov.au/publications/proceedings/27/dear.pdf. Australian Institute of Criminology report on domestic violence and co-dependency.

www.dvirc.org.au/. This agency is funded by the Department of Human Services Victoria, Australia. It is a statewide resource centre for information about domestic violence.

DNA Testing

<http://www.dnanow.com/ausmain.htm>. This Australian site offers DNA testing kits.

Dyslexia

www.dyslexiaanswered.com.au. Easy to understand information on Dyslexia and an overview of the Davis Dyslexia Correction® Program.

<http://www.interdys.org/> takes you to website of The International Dyslexia Association (IDA), a non-profit organization dedicated to helping individuals with dyslexia, their families and the communities that support them.

Eating Disorders

www.eatingdisorders.org.au. Website devoted to supporting people whose lives are affected by eating disorders, as well as working to inform the community about these disorders, run by a not for profit foundation.

www.cedd.org.au/. The Centre for Eating and Dieting Disorders is an academic and service support centre resulting from collaboration between the University of Sydney and Sydney South West Area Health Service. It is funded by the Mental Health and Drug & Alcohol Office, NSW Department of Health.

www.healthinsite.gov.au/topics/Eating_Disorders. Links to information about eating disorders such as binge eating, bulimia and anorexia nervosa.

<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>. Link to MEDLINEplus, Eating Disorders website of the National Institutes of Health National Library of Medicine.

www.anad.org. The National Association of Anorexia Nervosa and Associated Disorders (ANAD)

http://www.psychology.org.au/publications/tip_sheets/12.5_2.asp. The Australian Psychological Society (APS) Website, containing a tip-sheet on understanding and managing eating disorders.

Face Blindness

<http://www.disabilityresources.org/FACE-BLIND.html>. Face Blindness is a fairly rare neurological condition in which sufferer's are either unable to remember faces or have an impaired ability to do so. Given the psychological problems this may cause sufferers, the link may be useful for learning more about the condition.

Families

www.facs.gov.au. Website of the Department of Families, Community Services and Indigenous Affairs (FaCSIA).

<http://www.anu.edu.au/cmhr/changingfamilies.php>. Australian National University's Mental Health Research website focuses on family and community health information.

www.Familyrelationships.gov.au. 'Family Relationships' is an Australian government initiative, providing a comprehensive suite of links for parents, adolescents, grandparents, caregivers as well as family dispute resolution providers. This website also provides a downloadable information kit (available in 15 different languages) on the key changes to the family law system. This is a good one to bookmark.

<http://www.aifs.gov.au/institute/afrc6papers/alex.html> this link located on the Australian Institute of Family Studies website, takes you to an excellent academic paper focused on coping with the transition to parenthood.

www.vaft.asn.au. Victorian Association of Family Therapists (VAFT) is an association of professionals with a shared interest in Family Therapy theory and practice.

<http://www.anzjft.com/>. The website of the Australia and New Zealand Journal of Family Therapy. As well as an excellent articles link that allows you read a number of journal articles online, there are conference links and various other resources.

Gambling

www.gamblersanonymous.org.au. Gamblers' Anonymous offers help for compulsive gamblers and their families/friends. Includes programs, testimonials and other links.

www.gamblingresearch.org.au. This is the Gambling Research Australia Website and Clearinghouse. The objective of the Council is to minimise the adverse consequences of problem gambling via the exchange of information on responsible gambling measures and by acting as a forum for discussion and facilitation of the development of an effective interventions framework

Gay and Lesbian

<http://www.rslevinson.com/gaylesissues/>. General information on gay and lesbian issues

www.australianmarriageequality.com. Australian Marriage Equality (AME) is a national organisation working for equal marriage rights for all Australians regardless of their gender or sexuality.

<http://law-library.rutgers.edu/SSM.html>. This site carries links and information on same sex marriage for countries around the world.

<http://www.groups.psychology.org.au/glip/> The Australian Psychological Society website aims to provide information regarding lesbian and gay psychology in Australia.

Grief

www.grief.org.au. The Australian Centre for Grief and Bereavement is an independent, not for profit organisation funded through DHS and bills itself as the largest provider of grief and bereavement education in Australia. Their website has details of a free bereavement counselling service, links to many other grief related web sites, and details on projects conducted by the Centre.

www.nalagvic.org.au. National Association for Loss and Grief (Vic). NALAG is a not-for-profit association of individuals and organisations working in partnership with government and other organisations.

www.betterhealth.vic.gov.au. The Better Health Channel is a Victorian government initiative created to provide up to date online health information. There is a search box located on the right side of the website and if you type in 'grief and loss' you are taken to a directory of articles. Click the first link for '*Topics, Details*' and you are then able to access links to a Q&A on grief and loss as well as articles on loss of a baby, death in hospital, suicide and many other related areas.

www.grieflossdiscovery.com. This website is run by a woman who lost her 18 year old son in a car accident some 15 years ago. She does not claim to be a mental health professional; however she offers links to grief support and articles and poems as well as her 50 point list of positive actions to help through the grieving process.

Grief from Loss of an Animal Companion

http://www.avma.org/communications/brochures/euthanasia/pet/pet_euth_faq.asp
For many people their dog or cat is a valued member of the family and losing them through old age, illness or some other type of accident can cause real sadness. The American Veterinarian Medical Association deals with this topic in a caring and respectful way at:

Groups, Dynamics, Counselling

A good start on the topic can be made with this brief but succinct overview of counselling in groups, provided by the premier American library site Eric Digests. This article focuses on the key aspects of the subject without overwhelming the reader. <http://www.ericdigests.org/1994/group.htm>.

This very comprehensive resource for facilitation and group dynamics (plus many other interesting topics) is provided free of charge in a library format http://www.managementhelp.org/grp_skill/theory/theory.htm.

The **UCLA / School Mental Health Project** operates a clearinghouse link that provides a huge amount of free resource material. Click on this link <http://smhp.psych.ucla.edu/qf/grpcounseling.htm> and then follow the links to topics such as 'how to get the most out of group counselling', 'group counselling for people with mental retardation' and 'group counselling and psychotherapy'.

Healthcare, Online

www.mydr.com.au is a multi-linked site of relevant and interesting health information for Australians, including a comprehensive medical dictionary.

<http://www.drs.org.au/> is the website for the Doctors Reform Society of Australia.

<http://www.abc.net.au/health/library/default.htm>. A searchable health database maintained by the ABC.

HIV/AIDS

www.aidsportal.org. The AIDS Portal is an internet platform which provides tools to support global collaboration and knowledge sharing among new and existing networks of people responding to the AIDS epidemic.

www.aidsinfo.org. Information, research and articles on HIV/AIDS compiled by the US Department of Health and Human Services.

Homelessness

www.mindaustralia.org.au works in Victoria and South Australia to offer a range of services to assist people in their recovery from a mental illness and to secure safe and stable accommodation.

Incest

www.siawso.org. The Survivors of Incest Anonymous (SIA) website publishes and sells incest survivor related literature and publishes a quarterly bulletin.

www.isa.asn.au. The first Western Australian non-government organisation to deal specifically with child sexual abuse and post-traumatic stress disorders in later life. The Incest Survivors' Association Inc. (ISA) is an association for survivors, friends of survivors, and those affected by incest and childhood sexual abuse.

<http://www.cmc.qld.gov.au/asp/index.asp?pgid=10739>. Link on the website of the Crime and Misconduct Commission of Queensland leading to information for victims of child abuse.

Indigenous Mental Health

<http://www.aihw.gov.au/indigenous/health/mental.cfm>. Data on indigenous Australians and mental health provided by the Australian Institute of Health and Welfare.

Indigenous Portal

www.indigenous.gov.au. The Australian government portal for resources, contacts, information, and government programs and services for Aboriginal people and Torres Strait Islanders.

Mental Health, General

<http://www.connects.org.uk/> This site is a worldwide, forum for the sharing of information by people whose lives are touched by mental health problems and/or learning disabilities.

www.sane.org is the web-link of SANE Australia, a national charity working for a better life for people affected by mental illness through SANE campaigns for improved services for and attitudes towards, people affected by mental illness.

<http://www.mentalhealth.asn.au/resources/web.htm>. Mental Health Association of NSW. Also has links for all other Australian states.

www.sane.org. SANE Australia is a national charity working for a better life for people affected by mental illness.

Medical Dictionary

www.online-medical-dictionary.org. An online medical dictionary containing definitions of equipment drugs and pharmaceutical drugs.

Meditation

www.buddhanet.net/meditation.htm contains a listing of meditation centres around Australia, complete with times and descriptions of activities.

www.meditationcenter.com. Online meditation centre offering site by step instructions on meditation and relaxation techniques.

Music therapy

www.kundalini-dance.com. Kundalini dance claims to improve physical and emotional health. The basis for it is in Transcendental yogic traditions, chakra healing and sound and dance movement therapy.

www.mh.org.au/sitesnandservices/musictherapy/default.htm

The Royal Melbourne Hospital in Victoria, considered a leading teaching hospital, is now running a music therapy program. The program is active in oncology, palliative care, bone marrow transplant and the eating disorder unit

Near Death Experiences (NDE).

www.nderf.org is probably one of the largest and most comprehensive. NDERF describes itself as "a non-profit group devoted to the study and sharing of the Near Death Experience and related phenomena.

<http://www.iands.org/>. This is the website of the International Association for Near Death Studies.

OCD

<http://ada.mentalhealth.asn.au/oed.html>. The Anxiety Disorders Alliance has some helpful reading for patients and family of OCD sufferers.

<http://psych.curtin.edu.au/clinics/oed.htm>. Curtin University of Technology's OCD Treatment program.

www.ocfoundation.org. Website of the Obsessive-Compulsive Foundation.

Parenting/Children

www.raisingchildren.net.au. The NetGuide magazine have awarded the **Raising Children Network** website their '2008 site of the year award'. Funded by the Australian federal government, this site aims to provide up to date information to help parents raising children, with sections for newborns, toddlers and school-aged children, which sections on aspects such as health, nutrition, play, learning and discipline.

www.singleparentbible.com.au. A free online magazine for single parents which includes information on dating, advice for single parents and lots of general information and help is located at

www.Parentline.com.au. 'Parentline' is a Queensland and Northern Territory service, funded by the Queensland Department of Communities, Northern Territory Department of Health and Community Services and BoysTown in Brisbane.

www.singlewithchildren.com.au. The website of The Single Parent Family Association Inc (SPFA) which operates 'Single with Children'. Single with Children is a non-profit organisation, run by volunteers, that provides adult and family social activities and functions single parents and their children within the Sydney and Central Coast areas.

<http://www.childandfamily.com.au>. The Centre for Child and Family Development promotes awareness and understanding of the emotional life of children and adolescents, and how this affects their behaviour and future development. The Centre runs training programs on child and family development for all professionals who work with children, adolescents, parents and families.

www.parenting-ed.org. The Centre for Effective Parenting is a collaborative project run by the University of Arkansas and the Arkansas Children's Hospital. Their searchable website has a large database of information on parenting, including downloadable PowerPoint presentations in 10 one-hour modules for parents on topics relevant to children's education.

http://www.facs.gov.au/family/early_childhood_pip/volume1/sec7.htm. Link to The Federal Australian Government's Department of Family and Community Services latest report on parenting entitled 'Parenting Information Volume 1.

www.earlychildhoodaustralia.org.au. Website of Early Childhood Australia, with links to journal articles and abstracts.

<http://www.edfac.unimelb.edu.au/ceiec/>. The Centre for Equity and Innovation in Early Childhood (CEIEC) was established in 2001 as a specialised early childhood research and teaching centre within the Department of Learning and Educational Development at the University of Melbourne.

www.pwp.freeyellow.com. Parents without Partners home site with links to local branches.

www.singleparentbible.com.au. A free online magazine for single parents which includes information on dating, advice for single parents and lots of general information and help.

www.Parentline.com.au. 'Parentline' is a Queensland and Northern Territory service, funded by the Queensland Department of Communities, Northern Territory Department of Health and Community Services and BoysTown in Brisbane.

www.singlewithchildren.com.au The Single Parent Family Association Inc (SPFA) operates 'Single with Children' Single with Children is a non-profit organisation, run by volunteers, that provides adult and family social activities and functions single parents and their children within the Sydney and Central Coast areas

Pharmaceutical benefits

<http://www1.health.gov.au/pbs/>. Provides information on the prescribing of pharmaceutical benefits by medical practitioners and the supply of pharmaceutical benefits by approved pharmacists, approved medical practitioners and approved hospital authorities

Pituitary

www.pituitary.org. Website of Pituitary Network Association (PNA), an international non-profit organization for patients and families of those with pituitary tumors and disorders.

www.pituitary.org.uk/index.htm. The Pituitary Foundation provides information and support to those living with pituitary disorders, including patients, their relatives, friends and carers.

Post traumatic Stress Disorder (PTSD)

www.health.qld.gov.au/cchs/Em_Behaviour/post_traum_stress.pdf. This link will take you to a factsheet on PTSD prepared by Queensland Health.

www.acpmh.unimelb.edu.au. The Australian Centre for Post Traumatic Mental Health at the University of Melbourne undertakes world class trauma related research, policy advice, service development and education and has some new free resources available for practitioners.

www.vvaa.org.au/ptsd.htm. The Vietnam Veteran's Association's link to PTSD resources and information.

Rape

<http://www.brissc.com.au/>. Website of BRISSC, The Brisbane Rape and Incest Survivors Support Centre for women.

www.secasa.com.au/infosheet/infosheet_5007.pdf. Links to an information sheet on working with recent rape survivors created by the South Eastern Centre against Sexual Assault (Victoria).

Reiki

www.reiki.net.au

Relationships, General

www.relate.gov.au. An Australian commonwealth government initiative, this website bills itself as being for information on 'relationships family, and life'.

Relaxation

<http://relaxationemporium.com>. Think link leads to the Relaxation Emporium, which is full of information on managing stress and finding ways to relax.

<http://tinyurl.com/29so4U>. **The Heart of Healing** website has a heap of interesting things to read related to relaxation, mediation and stretching. A lovely bonus is to be found in their 'listening room' link as there you can download a free mp3 audio file called 'A Mini Relaxation Break', which is the first track of one of their CDS.

Schizophrenia

www.sfnsw.org.au/schizophrenia/sch_hme.htm . Factsheet produced by The Schizophrenia Fellowship of NSW.

www.schizophreniaresearch.org.au. Home page of the Australian Schizophrenia Research Institute.

www.schizophrenia.com. This is the website of an American non-profit web community dedicated to providing high quality information, support and education to the family members, caregivers and individuals whose lives have been impacted by schizophrenia.

Self Harm

http://www.sane.org/information/factsheets/suicidal_behaviour_and_self-harm.html. Suicidal behaviour and self-harm fact sheet produced by SANE Australia.

<http://www.suicidehelpline.org.au/?id=gettingthroughthehol>. Suicide Help Line's website had a lot of helpful articles, including 'understanding suicide', 'understanding self-harm' and 'coping with suicidal death'.

<http://www.headspace.org.au/default.aspx?page=176>. Australia's National Youth Mental Health Foundation fact sheet on self harm.

Self-help mental health therapy programs

Australia National University's 'Moodgym' program aimed at 'delivering cognitive behaviour therapy for preventing depression' (Moodgym 2005) is located at <http://moodgym.anu.edu.au/>

<http://www.med.monash.edu.au/mentalhealth/paniconline/>. Monash University's online resource and treatment program for people with panic disorders.

Both of these Australian initiatives are currently free for use. The Beyond Blue organisation, (<http://www.beyondblue.org.au/>) is also planning a free service to be called 'e-couch', available shortly.

Seniors

www.seniors.gov.au. Government website which lists services, programs and initiatives currently available to Australian senior citizens.

www.aboutseniors.com.au. Deals exclusively with senior's issues.

Sexual Violence

www.casa.org.au/ CASA Forum works towards the elimination of sexual violence through community and professional education, informing government policy, advocating for law reform.

www.sass.org.au/. Sexual Assault Support Service Tasmania.

www.secasa.com.au. South Eastern Centre against Sexual Assault, a sexual assault and rape crisis centre located in Victoria, Australia. This site contains information on sexual assault and child abuse.

www.thewomens.org.au/SexualAssaultInformation. Website of The Australian Centre for the Study of Sexual Assault.

Stockholm Syndrome

http://www.salvationarmy.org.au/reports/Women&Domestic_Violence_Counselling_Standards.pdf . A report by the Salvation Army on domestic violence discusses Stockholm Syndrome and how it links to domestic violence.

<http://familyrightsassociation.com/info/stockholm/syndrome.html>

http://en.wikipedia.org/wiki/Stockholm_syndrome. Wikipedia has many links and a good background on this syndrome.

<http://www.drjoecarver.com/stockholm.html>. Links to an online article by an American clinical psychologist on loving an abuser.

Substance Abuse

See also 'Addiction'

www.buyoyancy.org.au. The Buoyancy Foundation of Victoria is a foundation set up to help people who have been abused or who abuse substances to manage self-care.

<http://www.drugstrategy.central.sa.edu.au/index.html>. The South Australian government's Drug and Alcohol Services Council. A lot of links, articles and information.

<http://www.addictionrecoveryguide.org/>. The Addiction Recovery Guide.

<http://ndarc.med.unsw.edu.au/ndarcweb.nsf/page/home>. Website of the National Drug and Alcohol Research Centre (NDARC) of the University of New South Wales. Has links to publications and resources surrounding drug abuse.

Teenagers /Young Adults

www.mindaustralia.org.au supports those recovering from mental illness with a focus on the young and homeless in Victoria and South Australia.

www.headspace.org.au is the website of Australia's National Youth Mental Health Foundation. The foundation's mission is to deliver improvements in the mental health, social wellbeing and economic participation of young Australian's aged 12-25. It aims to provide help, support and information for young people who may be experiencing mental health and/or drug and alcohol issues.

www.inspire.com.au. The Inspire Foundation is a nationally accredited not for profit organisation delivering three national programs to a target audience of 16-25 year olds.

www.reachout.com.au. Website of the Reach Out! Program, which provides online information and referrals to help prevent youth suicide and provide support to young people to get through tough times.

<http://www.community.nsw.gov.au/html/parenting/teen.htm>. The NSW Department of Community Services (DoCS) is the NSW Government agency responsible for community services; this link focuses on teen issues.

<http://youth.wyndham.vic.gov.au>. Youth Services for Victorian residents. Offering counselling, youth programs support for young mums, youth alcohol addiction and personal development programs.

Vietnam Veterans

www.vvaa.org.au. Vietnam Veterans Association website, which also contains comprehensive information on post traumatic stress issues
<http://www.vvaa.org.au/ptsd.htm>.

Women's Wellbeing

An online partnership between Tetley Tea and the Jean Hailes Foundation (has produced www.tetleywellbeing4life.com.au). This website is full of comprehensive information for women around physical and emotional wellbeing.

www.Menopauseinstitute.com.au . Menopause questions and answers and symptom identification.

<http://www.menopause.org.au/>. Website of the Australian Menopause Society.

<http://health.act.gov.au/c/health?a=da&did=10051295&pid=1062375024>. Link to the Mental Health Services for Women in the ACT.

Miscellaneous

Thesaurus: www.thesaurus.com.

Telephone Calls over the Internet

www.skype.com. Use your broadband to make free calls to other people worldwide who have also downloaded Skype.

Australian Post codes: www.auspost.au/postcodes/

Time Management

An excellent site full of time management skills techniques, free templates and tools, tips and training is located at www.businessballs.com.

An interview with a time management expert, plus many related links can be found at <http://stress.about.com/cs/workplacestress/a/aa031202.htm>

Business Ethics

<http://www.web-miner.com/busethics.htm>. Directory of resources related to business ethics includes articles, publications, and case studies.

Help with Your Computer

www.techguy.org is a website is run completely by volunteers and paid for by donations and sponsors, so there is no charge to the user. It is a forum style website that allows people to post questions and get expert answers that others can then scroll through and read. Because it is large, I would probably recommend you use their search facility to locate your own area of interest.

Map Search: www.whereis.com.au is a map search website that will provide you with step by step instructions for how to reach your desired location as well as providing a map. Also try Google maps which I find even better by going to www.google.com and clicking the 'maps' link.

Goal Setting

The University of New South Wales has an introduction to goal setting and links to a goal setting tutorial available at:

<http://www.careers.unsw.edu.au/careerEd/planning/act/goalSetting.aspx>

Latrobe University in Victoria also has a comprehensive section on goal setting advice in their counselling section at:

<http://www.latrobe.edu.au/counselling/goalsetting.htm>

The 'Goals Guy' at www.goalsguy.com provides a huge amount of free information, while also offering the opportunity to purchase his books and guides.

A 'Goal School' is located at www.goal-setting-guide.com. It has a step by step goal writing tutorial and some inspiring motivational quotes.

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Another site focused on helping you set personal goals is located at www.mindtools.com/page6.htm

<http://www.stmarys.qld.edu.au/goals.htm>. St Mary's International College in Ipswich, Queensland offer a free and comprehensive page on goal setting techniques.

Finding People Using the Internet

You may find these sites useful if you are trying to locate old friends and acquaintances, or if you are doing a family tree: Aussie School Pals at www.schoolfriends.com.au, OzReunion at www.ozreunion.com.au and the Missing Persons Register at www.personsmissing.org

Social Networking

www.facebook.com

www.myspace.com

www.youtube.com

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