

About Mental Health Useful websites

Navigators Guide

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General Websites about Mental Health

Mental Health Carers ARAFMI NSW Inc
www.arafmi.org

Mental Health Association NSW
www.mentalhealth.asn.au

Beyondblue
www.beyondblue.org.au

Black Dog institute
www.blackdoginstitute.org.au

SANE Australia
www.sane.org

Schizophrenia Fellowship NSW
www.sfnsw.org.au

NAMI
www.nami.org

The National Mental Health Consumer & Carer Forum
www.nmhccf.org.au

Anxiety Online
www.anxietyonline.org.au

Hunter New England Area Health Service

Hunter New England Mental Health HNEAHS Internet
www.hnehealth.nsw.gov.au

Hunter Institute of Mental Health – HIMH
www.himh.org.au

Websites for rural and remote areas

Centre for Remote and Rural Mental Health - Australian Indigenous Health InfoNet
www.healthinfonet.ecu.edu.au

CAPA NSW – Health practitioners directory for rural areas
www.capa.asn.au

Websites for Youth

Headspace
www.headspace.org.au

Online Mental Health Service REACH OUT.com
Headroom
www.headroom.net.au

Youth NSW
www.youth.nsw.gov.au

Websites for CALD carers /families

Multicultural Health Communication
www.mhcs.health.nsw.gov

Multicultural Mental Health Australia Transcultural Mental Health Centre
www.dhi.gov.au

National Ethnic Disability Alliance- NEDA
www.neda.org

Stigma

Stigma and Discrimination
www.responseability.org

Stigma watch
www.sane.org