



Marlborough Primary Health

KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

Marlborough Community Health Hub

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Depression and anxiety websites

<http://www.calm.auckland.ac.nz/> (NZ) CALM Website, Computer Assisted Learning for the Mind. Focuses on Mental resilience, managing stress, anxiety and depression, healthy relationships and finding meaning in life.

<http://www.beatingtheblues.co.nz> (NZ) Beating the Blues is the most widely used evidence based online CBT program for depression and anxiety.

<http://www.cci.health.wa.gov.au/> (Aus) The Centre for Clinical Interventions (CCI) is a specialist state-wide program that is administered through North Metropolitan Health Services in Western Australia. We conduct clinically applied psychosocial research and provide training and supervision for various psychological interventions. We also offer a clinical service for adults suffering from anxiety, mood and eating disorders.

<http://www.balance.org.nz> (NZ) peer led organization around mood disorders and disability action planning.

<https://depression.org.nz> (NZ) Depression and anxiety website. Well done for taking the first step. You can follow other people's journeys to wellness below or explore the site to find your own way to a better place. Includes The Journal, a free, personalised online programme. It's easy to use and all you need is access to a computer or mobile device. JK, alongside mental health experts, will take you through a series of online lessons to cover everything you need to know including how to stay positive, how to create lifestyle changes that improve mental health, and 3-steps to problem solving

<https://www.blackdoginstitute.org.au> (UK) The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. We are about creating a world where mental illness is treated with the same level of concern, immediacy and seriousness as physical illness; where scientists work to discover the causes of illness and new treatments, and where discoveries are immediately put into practice through health services, technology and community education.

<http://www.balance.org.nz/index.php/support/online-support-groups> (NZ) A well-established national bipolar and depression support network, including resources and online forums.

<http://farmstrong.co.nz/> (NZ) Farmstrong is an initiative designed to give the farmers the skills and resources to live well, farm well and get the most out of life.

<http://www.anxiety.org.nz/> (NZ) Resources related specifically to anxiety