

The following websites provide information and resources
which you may find helpful:

www.rethink.org Mental health charity website containing information on a wide range of mental health issues including medications, your rights, and finding help and support.

www.goodmedicine.org.uk Website written by Dr James Hawkins (medical doctor and psychotherapist) which aims to help anyone interested in enhancing their mental wellbeing.

www.wellbeing-glasgow.org.uk An NHS website with self-help guides which can be downloaded.

www.ntw.nhs.uk/pic/selfhelp Another NHS website which has a number of self-help guides about a range of mental health problems.

www.dartmouth.edu/~healthed/relax/downloads.html Website containing audio relaxation files which you can listen to and download.

www.moodgym.anu.edu.au MoodGym is an interactive website which aims to help reduce symptoms of depression and anxiety. It consists of five modules to work through.

www.cci.health.wa.gov.au This website has a number of modular workbooks covering topics including depression, anxiety, assertiveness and low self-esteem.

www.getselfhelp.co.uk Offers a range of resources including information leaflets and workbooks.

Disclaimer: Whilst we suggest the above as helpful resources we cannot recommend or comment upon the quality of the suggested sites.