

Depression Online Resources

Useful resource material concerning depression and related issues as follows:

< www.beyondblue.org.au>

< www.blackdoginstitute.org.au>

<www.betterhealth.vic.gov.au>

This site is regarded as one of the best Australian general health sites for all health and medical information for consumers. It has been quality assured by the Victoria Government

<www.psychology.org.au>

This last site is that of the Australian Psychological Society which is my professional body. They have tip sheets and various other resources for the general public on depression including a national referral network- just follow the prompts online.