



Part of wellness is being informed and connecting with other perspectives but it is also about connecting with other people and, a lot of the time, learning how to have fun and entertain our minds in positive ways. The internet can be a powerful tool for learning, distraction, self-soothing and expression, provided it isn't used to the exclusion of face-to-face interaction.

It's not always easy to get out to the library or to visit a service, but a lot of us have computers where we live or people we could ask to help us use the internet. This pack contains some good places to start informing yourself about things, accessing perspectives on mental health and recovery and entertaining your mind.

This information resource is regularly updated. The version you have was updated on 4 October 2014.

Check the Engage Aotearoa website at www.engagenz.co.nz for the latest updates – there is so much more out there.

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Distraction/Entertainment/Inspiration

- **Amplifier**
Listen to and download New Zealand music.
www.amplifier.co.nz
- **Buffalo Electronic Poetry Centre**
Lots of great poetry texts and interesting articles.
<http://epc.buffalo.edu>
- **New Zealand Poetry Centre**
Heaps of information about NZ poets and samples of their poetry to read as well as audio recordings and interviews.
www.nzepc.auckland.ac.nz
- **Open Culture**
800 free online courses from top international universities on almost every subject you can think of.
www.openculture.com/freeonlinecourses
- **Project Gutenberg**
Project Gutenberg shares 42 000 free e-books and a further 100 000 through their partners and affiliates.
<http://www.gutenberg.org/>
- **Scribd**
Many different e-books. This is sort of like an online library. Some e-books are free and some cost money.
www.scribd.com
- **Stuff.Co.Nz**
An excellent website full of constantly updated NZ news.
www.stuff.co.nz
- **The Big Idea**
A website for and about creativity and the creative community. Read blogs, find job and volunteer opportunities, connect with other creative people and find out what is happening near you.
www.thebigidea.co.nz
- **Upworthy**
<http://www.upworthy.com/>

→ **Youtube**

Video clips on pretty much anything you can think of, including a range of mental-health topics and recovery stories.
www.youtube.com

- **A Person with Agoraphobia doing CBT:** <http://www.youtube.com/user/jpfdiamonds>
- **Anxiety-related self help videos of all kinds:** <http://www.youtube.com/user/alextaylor1720>
- **Schizophrenia:** http://www.youtube.com/watch?v=H_jYqSA_fJk
- **An alternative view of schizophrenia:** www.youtube.com/watch?v=jDWkxUKHaok&feature=related
- **A social perspective of mental unwellness:** www.youtube.com/watch?v=DCFCq6zq2Sw&feature=related

Information and Reading

→ **About.Com**

Basic informational articles about a vast range of things. For example:

- Food & Mood: <http://altmedicine.about.com/od/popularhealthdiets/a/moodfood.htm>
- Exercise & Mood: <http://walking.about.com/cs/mindandspirit/a/mindspirit.htm>
- Anxiety as a barrier to exercise: <http://walking.about.com/od/med/a/sensanxiety.htm>
- Anxiety disorder: <http://ocd.about.com/od/otheranxietydisorders/a/anxietydisorder.htm>

→ **Beyond Meds**

Beyond Meds is a website full of information about alternative, additional and holistic approaches to mental-health recovery that focuses entirely on non-medication strategies. This website includes recovery stories and self-help resources in addition to information about additional and alternative options.

<http://beyondmeds.com>

→ **Conversations that Matter**

Resources for discussing suicide

<http://www.conversationsmatter.com.au/>

→ **Database of New Zealand Mental Health Research**

A database of mental- health research. This is an excellent resource collecting together some interesting, empirical articles about latest research relating to mental health.

www.tepou.co.nz/knowledge-exchange/research/view/browse

→ **Discursive of Tunbridge Wells**

A blog from the staff and trainees at The Salomons Centre for Applied Psychology in Tunbridge Wells, England, covering a wide range of issues related to applied psychology, therapies, policy and health service development

<http://discursiveoftunbridgewells.blogspot.co.uk/>

→ **Emotionally Healthy Children**

This website shares some free resources to help parents respond to their children's emotional needs.

www.emotionallyhealthychildren.org/freeresources.html

→ **Engage Aotearoa - Information Resources**

Engage Aotearoa shares mental-health recovery information based on a combination of personal and psychological perspectives. Visit the Information Resources page to find Information Packs on a range of topics including, 'Coping for Recovery', 'Overcoming Anxiety', 'Surviving Suicidal Urges', 'Supporting Someone who is Suicidal', 'Understanding Treatment Approaches', 'Understanding Treatment Providers', 'What is Mental Illness?', 'What is Recovery?' and more.

http://www.engagenz.co.nz/?page_id=27

→ **Erowid**

Find reviews of people's experiences of different medications, cigarette smoking cessation and, in the interests of harm-minimisation, information about the safe use of other drugs. This is not a mental-health website, but a place to find drug-related information and discussion that you may not find elsewhere. Read with caution and always get information from a proper health professional too.

www.erowid.org

→ **Everybody**

Everybody is a health information website for NZ, with information on many mental-health problems and the medications used to treat them.

<http://www.everybody.co.nz/>

→ **Hearing Voices Network Aotearoa, NZ**

Excellent information about hearing voices and resources for people who experience them.

www.hearingvoices.org.nz

- **Help Your Child with Anger**
This website is all about how to help a child with anger and the different things that can be underlying it.
www.help-your-child-with-anger.com/anger-in-children.html
- **Helping Reduce Medications by Ron Unger:** Written for clinicians, service-users may also find some good information for themselves and/or a resource to share with their therapist or doctor.
<http://recoveryfromschizophrenia.org/therapists-guide-to-reducing-medications/>
- **Mad in America:** The site is designed to serve as a resource and a community for those interested in rethinking psychiatric care in the United States and abroad.
www.madinamerica.com/
- **Mental Health Foundation of NZ**
Information, resources, links, initiatives for New Zealanders, including the 5 Ways to Wellbeing.
www.mentalhealth.org.nz
- **National Depression Initiative**
The National Depression Initiative (NDI) shares information about depression and resources for recovery.
www.ndi.org.nz
- **Postnatal Distress**
Free information for people affected by Postnatal Depression.
www.postnataldistress.org.nz
- **Project Borderline**
A non-profit organization devoted to raising awareness for Borderline Personality Disorder and helping others gain access to the resources that they need to recover.
http://projectborderline.org/Official_Site/Home.html
- **Psychology Today**
Psychology Today have gathered over 750 renowned leaders in the field of psychology to contribute their thoughts and ideas on what makes people tick.
www.psychologytoday.com/
- **Reddit**
Reddit is a website where people create and join communities (called 'subreddits') to post and discuss stories on almost every subject you can imagine. Recommended subreddits include reddit.com/r/psychology/ and the subreddits about different mental-health problems such as reddit.com/r/BipolarReddit/. Just type your topic of interest in the search field.
www.reddit.com/about/
- **RX List**
Patient Information Sheets for most medications and a Drug Interaction Tracker.
www.rxlist.com/script/main/hp.asp
- **Suicide Prevention Information New Zealand (SPINZ)**
Find information and tips for dealing with suicidal thoughts, talking about suicide and supporting someone you are worried about.
- **Schizophrenia.com**
A non-profit community providing information, support and education related to schizophrenia.
www.schizophrenia.com/
- **TED: Ideas Worth Spreading**
This is a website featuring heaps of engaging and insightful talks about a wide range of topics, including heaps of mental-health related subjects – a great way to access new perspectives and learn new information.
www.ted.com
 - Andy Puddicombe on All it Takes is 10 Mindful Minutes
http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes.html
 - Brene Brown on Vulnerability and the Power of our Compassionate Selves
www.ted.com/talks/brene_brown_on_vulnerability
 - Dan Gilbert on The Surprising Science of Happiness
http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html
 - David Steindl-Rast on Gratitude and Rising to the Opportunity
http://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful.html
 - Eleanor Longden on The Voices in My Head
http://www.ted.com/talks/eleanor_longden_the_voices_in_my_head.html

- Kathryn Schulz on Being Wrong
http://www.ted.com/talks/kathryn_schulz_on_being_wrong.html
 - Ken Robinson on Creativity and What it Means to be Human:
www.ted.com/talks/ken_robinson_says_schools_kill_creativity.html
 - Viktor Frankl a Holocaust survivor talks about Why To Believe in Others:
www.ted.com/talks/viktor_frankl_youth_in_search_of_meaning.html
- **The Tidal Model**
This website offers information about The Tidal Model perspective of recovery, along with resources and research.
www.tidal-model.com
- **The Peaceful Parent**
Parenting coach and counsellor, Genevieve Simpson shares tips and information about communication, support skills and self-care tips to help parents raise resilient children. Many people report finding these articles helpful with their relationships with themselves and others as well.
www.peacefulparent.com/
- **WAVES**
This website shares information, education and support for victims of violence.
www.waves.org.nz/
- **WebHealth**
A web directory offering three types of information: Find a Health and Social Service; Health and Wellbeing Resources and a Community Notice Board. This is a great way of finding info and community resources.
www.webhealth.co.nz
- **Wikipedia**
An online, open encyclopaedia, Wikipedia is a place where you can find information on just about anything. Anyone can add to Wikipedia and anyone can use it.
www.wikipedia.org
- **Worry Wise Kids**
Worry Wise Kids is a website full of info and strategies for young people with anxiety and their parents.
www.worrywisekids.org/

Online Self-Help Tools

- **ACT Mindfully**
Free worksheets and audio resources from Acceptance and Commitment Therapy (ACT).
www.actmindfully.com.au/free_resources
- **CALM – Computer Assisted Learning for the Mind**
CALM shares online exercises for stress management, coping and relaxation.
www.calm.auckland.ac.nz
- **CBT for Psychosis & Trauma Handouts, by Ron Unger**
A list of downloadable CBT handouts.
<http://recoveryfromschizophrenia.org/cbt-for-psychosis-trauma-psychosis-handouts/>
- **Coming Off**
In 2005, MIND UK published the results of a study that explored people’s experiences of coping with coming off psychiatric drugs. The Coming Off website shares tools and tips from this research, for people who are considering reducing or stopping their psychiatric medication. Reducing or stopping any psychiatric medication can pose a number of serious risks and it is important to be as informed as possible, before making any changes.
www.comingoff.com
- **Coming off Psychiatric Drugs: Harm Reduction Guide, 2nd Edition, e-Book by Will Hall**
Find self-help information about reducing or discontinuing psychiatric medication safely.
www.theicarusproject.net/downloads/ComingOffPsychDrugsHarmReductGuide2Edonline.pdf
- **DBT Mind**
The website of DBT consultant Christy Matta, DBT Mind shares a range of DBT articles and worksheets – visit the ‘Shop’, almost everything there is free.
www.dbtmind.com/

- **DBT Self-Help**
This website is for people seeking information about DBT (Dialectical Behavior Therapy) and is primarily written by people who have been through DBT themselves.
www.dbtselfhelp.com/
- **E-Couch**
Online information and strategies about dealing with emotions.
<http://ecouch.anu.edu.au>
- **Eek It Out**
A budgeting website designed to stretch your dollar further.
www.eekitout.handup.co.nz/
- **For those of you who are suicidal, read this:** Here are some very real things you can do to help yourself.
<http://lynexus.wordpress.com/2013/09/18/for-those-of-you-who-are-suicidal-read-this/>
- **Get Self Help**
A UK website full of self-help strategies, including a collection of CBT worksheets you can download for free.
www.getselfhelp.co.uk/index.html
- **Guide to Psychology and its Practice**
A plain-language guide to the principles of clinical psychology, written by a clinical psychologist, along with self-help tools for putting selected strategies into practice, including how to use progressive muscle relaxation and an autogenics training programme that teaches you to self-produce feelings of warmth and relaxation.
www.guidetopsychology.com/intro.htm
- **How to Make the Most of Your Therapy, e-Book**
An e-book about how to get the most out of talking therapies.
www.amazon.com/Make-Most-Your-Therapy-ebook/dp/B006WW9L2S
- **Mood Gym**
An online resource for managing depression based on Cognitive Behaviour Therapy and Interpersonal Therapy.
<http://moodgym.anu.edu.au>
- **Psych Central**
Psych Central is a place where people can ask and answer questions about mental health and relationship issues in a safe and supportive environment.
<http://psychcentral.com>
- **Psychology Tools**
Psychology Tools offers a huge selection of worksheets for therapists to share with their clients. You might find some good ideas to try on your own or some good ideas of the kinds of things you want to try with a therapist.
www.psychologytools.org/
- **SPARX CBT Computer Game**
SPARX is an online computer game that teaches young people CBT strategies for dealing with stress, distress and mild to moderate depression.
www.sparx.org.nz/
- **The Coping Kete**
Search the growing archive of over 100 coping strategies, practice strategies until they become familiar and then add them to your Personal Coping Kete for times of stress and distress.
www.engagenz.co.nz/copingkete
- **The Depression Center 4.0**
An online CBT programme and heaps of information about depression.
www.depressioncenter.net/Default.aspx
- **The Happiness Trap**
Worksheets and resources from Russ Harris's ACT-based, self-help books including The Happiness Trap.
www.thehappinesstrap.com/free_resources
- **The Journal**
The Journal is an online depression recovery tool: Get information, set goals, receive reminders, ask for help from the support team and keep track of your progress.
www.depression.org.nz/
- **The Low Down**
Information about depression for young people, self-help resources, videos and a chat page.
www.thelowdown.co.nz

→ **The Pinky Perspective – DBT Handouts and Activities**

The Pinky Perspective has a whole page of links to DBT information and worksheets.

<http://pinkituscaderro.wordpress.com/2013/02/07/dbt-handouts-protocols-client-learning-activities-practiceground-wiki-2/>

Online Support Groups and Networks

→ **Balance NZ**

Support, education, information and training for people with experience of depression or bipolar disorder.

www.balance.org.nz

→ **Facebook Groups and Networks**

www.facebook.com. Facebook is a social networking website with many online groups for information and support:

- **Anxiety Disorders Unite:** www.facebook.com/group.php?gid=2204890038
- **Anxiety Support:** www.facebook.com/group.php?gid=2538276525
- **Engage Aotearoa on Facebook:** www.facebook.com/pages/Engage-Aotearoa/112846278740489
- **Support for Anxiety, Depression and Mental Illness:** www.facebook.com/supportpageforanxietydepressionandmentalillness
- **Support for Parents of Suicidal Teens NZ:** An open page www.facebook.com/pages/Support-for-Parents-of-Suicidal-Teens-NZ/750791048270796 and a closed group: www.facebook.com/groups/hopeforourteens/
Anybody can visit the page to browse and share; the group is closed to provide a confidential forum for parents or caregivers to discuss concerns, worries, experiences and celebrate achievements – anyone is welcome to join.
- **Mental Health News Hub:** www.facebook.com/Mental.Health.News.Hub
- **The Way of the Peaceful Parent:** www.facebook.com/TheWayOfThePeacefulParent
- **The Nutters Club:** www.facebook.com/THENUTTERSCLUB

→ **Intervoice**

Intervoice is an international network of people who hear voices that others do not. Intervoice creates a safe place where you can find out more about hearing voices and an interactive online community where you can share your own point of view or experience:

www.intervoiceonline.org/

www.facebook.com/groups/intervoice/

→ **Mind Share**

Mindshare connects people with lived experience of mental health problems with each other so they can share experiences, challenges and triumphs.

<http://mindshare.org.au>

→ **Otago Balance Mental Health Support Trust**

Bipolar Support and Information Network for the Otago region. This webpage has information of relevance to people with a wide range of mental-health experiences, but is particularly relevant for people with Bipolar disorder.

<http://otago.balance.org.nz>

→ **The Icarus Project**

A network of people living with and/or affected by experiences that are often diagnosed and labelled as psychiatric conditions, The Icarus Project frames these experiences as “mad gifts needing cultivation and care, rather than diseases or disorders.”

www.theicarusproject.net/

Recovery Stories

The websites below are focused on sharing recovery stories and tips from people with lived experience. Many of the information and self-help websites listed above also share recovery stories from people who have been there.

- **All Right Canterbury**
A website for people affected by the Canterbury earthquakes to find and share tips to improve the moment.
<http://allright.org.nz/>
- **Attitude Live**
Real video-stories from people living with disabilities of all kinds, including mental-health problems.
<http://attitudelive.com/>
- **Bipolar Bear**
Blogger Chris Banks writes about his experiences with bipolar disorder.
<http://bipolarbear.com.au/>
- **Depression is Not Your Destiny**
Danny Baker is an Australian mental-health advocate with personal experience of recovery from depression, medication-induced psychosis and suicidal urges. He writes about what works for him in an effort to help others find what works for them. Subscribe to his blog and get a free copy of his book.
www.depressionisnotdestiny.com/blog/
- **Engage Mental-Health News and Events Blog – Recovery Stories**
The Mental-Health News and Events Blog shares announcements and events relating to mental-health recovery. Click on the 'Recovery Stories' category to view all posts related to recovery stories.
www.engagenz.co.nz/?cat=3129
- **Healing from BPD**
A personal perspective of the journey to recovery from Borderline Personality Disorder. Read the blog, chat with others and find links to useful self-help resources.
www.my-borderline-personality-disorder.com
- **Like Minds, Like Mine**
Resources and recovery stories from New Zealand's national stigma reduction programme.
www.likeminds.org.nz/resources/people-like-you/
- **Live More Awesome**
www.livemoreawesome.com/
- **Living with Bipolar**
Listen to a radio interview with award winning Taumaruni farmer, Ken Ballantyne on living with Bipolar in a rural community.
www.farmingshow.com/audio/ballantyne240310.wma
- **Male Survivors of Sexual Abuse NZ**
Information resources, recovery stories, links to face-to-face support and an email support service for male survivors of sexual abuse in NZ.
<http://www.survivor.org.nz>
- **National Empowerment Centre**
Find recovery stories, crisis tips and articles or join the international coalition, Interrelate.
<http://www.power2u.org/>
- **Recovery Network Toronto**
A Canadian website that shares recovery perspectives, resources and stories.
<http://recoverynetworktoronto.wordpress.com>
- **Reasons to Go On Living**
Reasons to Go On Living is a website full of stories about surviving suicidal urges and finding reasons to go on living. The stories describe many different experiences and emotions. Some are very brief, some lengthy.
www.thereasons.ca/stories.php
- **Recovery Notes**
Recovery Notes is a blog feature on the Engage Aotearoa website that asks people to share the top five tips they have learned from their personal experiences of mental-health recovery or being a supporter. Read Recovery Notes from others or write and submit your own.
www.engagenz.co.nz/?page_id=6183
- **reTHiNK Perspectives**
reTHiNK Perspectives (formerly Out of Their Minds) offers a social perspective of mental health problems and presents

people's own descriptions of the positive aspects of their own experiences.

http://rethink.org.nz/?page_id=465

→ **Skylar Arixe's Serious Business**

Skylar is a Trans Woman from England, who writes this blog based on her personal observations, to help other people with their psychological issues and problems.

<http://lynexus.wordpress.com/>

→ **Survivest**

An excellent recovery blog from someone who has been there and is making it through.

<http://survivest.wordpress.com/>

→ **Take it From Us**

Live interviews online every Tuesday from 12:30 – 1:30 pm at www.planetaudio.org.nz. Find more information at:

www.planetaudio.org.nz/takeitfromus

→ **The Nutters Club**

Listen live online every Sunday from 11pm – 1am with hosts Mike King and Dr. David Codyre on Newstalk ZB.

www.newstalkzb.co.nz/shows/nuttersclub/

Watch edited filmed footage of The Nutters Club's Live-to-Air radio interviews on the Maori TV website.

www.maoritelevision.com/tv/shows/nutters-club/all-episodes

Find More Recovery Information Packs at www.engagenz.co.nz



Share Your Knowledge!

If you have found a website useful as a source of entertainment, distraction, self-help or information, but it is not listed here please email Engage Aotearoa's information manager at info@engagenz.co.nz. Remember to include details of the web address and a brief description of what is provided.

If you found the Online Resources Pack useful, please pay it forward and pass it on.

Please Support Our Work



The Online Resources Pack is just one of Engage Aotearoa's projects to make it easier to find what you need to recover from a mental-health problem or support someone you care about. Engage Aotearoa is a charitable initiative governed by Community Mental-Health Resources Trust (CMHRT), created, led and run by volunteers with lived experience of recovery and professional skills to share. All projects are funded by public donations. Please visit www.engagenz.co.nz/?page_id=5245 to make a tax deductible donation.

Find out more about Engage Aotearoa and CMHRT at www.engagenz.co.nz/?page_id=17