

Resources - Psychological resilience

CENTRE FOR CLINICAL INTERVENTIONS: is a specialised clinical psychology service based in Perth - useful online resources.

Back from the Bluez - an online, self-help workbook (free) with 9 modules for understanding depression and strategies for how to manage your mood:

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>

Looking After Yourself: Self Help Resources for Mental Health Problems.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

THIS WAY UP: is part of the Clinical Research Unit for Anxiety and Depression (CRUfAD). CRUfAD is a joint facility of St Vincent's Hospital and the University of New South Wales established to reduce the impact of anxiety and depressive disorders on individuals.

iCBT: internet based CBT + other well-being courses (low fixed cost)

<https://thiswayup.org.au/how-we-can-help/courses/>

Blog: Supporting you through the COVID-19 Pandemic (free online tools)

<https://thiswayup.org.au/blog/>