

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

[www.rethink.org](http://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](http://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](http://www.wellbeing-glasgow.org.uk) An NHS website with self-help guides which can be downloaded.

[www.ntw.nhs.uk/pic/selfhelp](http://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](http://www.dartmouth.edu/~healthed/relax/downloads.html) Website containing audio relaxation files which you can listen to and download.

[www.moodgym.anu.edu.au](http://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](http://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](http://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.*