



Tailored Education for Multidisciplinary Teams (TEMT)

Supporting primary health care teams to improve patient outcomes and experiences.

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Resources

All age groups

A conversation could change a life: R U OK?

Mental Health First Aid International

Head to Health program

National Suicide Prevention Strategy – Towards Zero Suicide Initiatives (NSW)

Life In Mind

Lifeline

[This Way Up](#)

Carer Gateway

Men

Australian Men's Shed Association: What is a Men's Shed?

DadSpace: Support for Dads in Pregnancy & Early Fatherhood

MensLine Australia: Common Challenges

Mental Health Help for Men: Beyond Blue

National Men's Health Strategy 2030

National Mensline Program

Women

National Women's Health Strategy 2030

PANDA

Hormones & Mental Illness in Women - HER Centre Australia

Sister Yarning Circle

Jean Hailes for Women – Anxiety



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Resources

Veterans

Open Arms: Counselling for Veterans and their families
Mental Health Protect
Pheonix Australia

First Nations People

NACCHO Mental Health Resources
Transforming Indigenous Mental Health and Wellbeing (TIMHWB)
Black Rainbow

[WellMob](#)

13YARN

Guidelines for providing Mental Health First Aid to an ABTSI
AMHFA_Cultural-Considerations-1.pdf

Culturally & Linguistically Diverse/ Refugee

Embrace Project
Positive Hunts Worksheet
Program of Assistance for Survivors of Torture and Trauma
Suicide First Aid Guidelines for Immigrant and Refugee Guidelines
Suicide info graphic

LGBTQIA+

Queerspace
MindOut
QLife



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Resources

Youth

National Youth Mental Health Program (HeadSpace) - Young Minds Matter
Butterfly Foundation: Charity for Eating Disorders and Body Image issues
HeadSpace
ReachOut

Children

Million Minds Mental Health Mission
National Children's Mental Health and Wellbeing Strategy
Emerging Minds: National Workforce Centre for Child Mental Health project
Kids Helpline: Phone Counselling Service
YourTown
Children of Parents with Mental Illness <https://www.copmi.net.au/>



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Useful Resources

Practitioners

Alcohol and Other Drugs Screening and Withdrawal Tool Collection
Alcohol Use Disorders Identification Test (AUDIT) - International alcohol screen
ASSIST portal - Drug and alcohol screening tools & resources
Be you (Educators)
Beyond Blue
BlackDog Institute
Eating Disorders Screening Tests GP Hub
E-mental health in practice
Finding North
Grief Australia
Headspace
How to talk about suicide – your words matter: Mental Health First Aid Australia
Life in mind
Make Every Conversation Matter: Mental Health First Aid Australia
Menopause Depression – Screening Tool MENO-D
Mental health Carers Australia
Mental health professionals network
Multicultural-mental-health-outcomes-and-assessment-tools
Our words matter: Guidelines for language use Mindframe
National Alcohol Strategy
National Eating Disorders Collaboration
Orygen
Postvention Australia: Support lines for bereavement after suicide
SANE
Transcultural mental health line



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