

RESOURCES FROM SEMINARS

Michael Carr-Gregg's Presentation

<http://cvs/documents/CPL_StudentsAtRiskSeminarsToowoomba.pdf> (Queensland Aug 2009)

Inspire Foundation- List of Resources (DOC: 66KB) from Dr. Jane Burn

<http://cvs/documents/CPL_JaneBurn-ListOfResources.doc>

ABC's Australian Story: The Girl Least Likely- Hannah Modra.

<<http://www.abc.net.au/austory/specials/leastlikely/default.htm>>

Beyond Blue Website <<http://www.beyondblue.org.au/index.asp>>

Inspire Foundation Website

<<http://www.inspire.org.au/?gclid=CLmv5qyo-5YCFQkiagodsjsGXg>>

Reach Out Teacher's Network

<<http://www.inspire.org.au/what-we-do-reach-out-reach-out-teachers-network.html>>

CRUfAD K10 Test <<http://www.ergpa.com.au/cms/resources/K10.doc>>

Draft letter to Parents re Bullying

<<http://www.michaelcarr-gregg.com.au/draftletter.shtml>>

KidsHelp <<http://www.kidshelp.com.au/>> - 24 hour a day help on 1800 55

1800 or go to their website

Headroom <<http://www.headroom.net.au/>> - South Australian mental health

promotion project managed by the Division of Mental Health, Women's and Children's Hospital, Adelaide.

Emotional Intelligence <<http://www.abc.net.au/catalyst/stories/s581804.htm>>

- how well we understand our own emotions and recognise emotional states in other people

Special Advice for young people - how to talk to a friend who's drinking or drugging too much

<<http://www.michaelcarr-gregg.com.au/YoungPeopleDrinkingTooMuch.shtml>>

How Safe Is the Youth Suicide Prevention Program in Your School?

<<http://www.michaelcarr-gregg.com.au/TeachersHowSafeIsYouth.shtml>>

Great new curriculum materials promoting adolescent mental health: Dr Martin Seligman – Director of the University of Pennsylvania

<<http://www.michaelcarr-gregg.com.au/TeachersGreatNewCurriculum.shtml>>

Positive Psychology: Dr Martin Seligman. Centre and founder of Positive Psychology

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

Further Readings

An Unquiet Mind by Kay Redfield Jamison Probably the best book on bi-polar depression. Written by a former sufferer who also happens to be a psychologist and a brilliant writer.

Night Falls Fast: Understanding Suicide, by Kay Redfield Jamison One of the best books I have ever read on suicide, clear, no jargon and easy to understand.

The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience, by Martin Seligman This is a classic work that aims to provide an effective program for preventing depression in childhood - and probably later in life.

Communities That Care: Action for Drug Abuse Prevention, by J. David Hawkins, Richard F. Catalano Jr. A classic book describing the risk and protective factor framework. Not a light read.

Rhythms of Life. The Biological Clocks That Control the Daily Lives of Every Living Thing, by Russell Foster and Leon Kreitzman Why do teenagers refuse to get up in the morning, and are the rest of us really larks or owls? The answers lie in our biological clocks the mechanisms which give order to all living things. They impose a structure that enables us to change our behaviour in relation to the time of day, month or year. They are reset at sunrise and sunset each day to link astronomical time with an organism's internal time. This book explains it all. Brilliant!

Change Your Thinking - Second Edition Sarah Edelman The second edition of this best-selling practical guide to using cognitive behavioural therapy to find more positive ways of dealing with negative thoughts and emotions.

Why Gender Matters: What Parents and Teachers Need to Know about the Emerging Science of Sex Differences: Leonard Sax An avalanche of research over the past twenty years has shown that sex differences are more significant and profound than anybody guessed. Sex differences are real, biologically programmed, and important to how children are raised, disciplined, and educated.

Boys Adrift - The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men. Leonard Sax Family physician, research psychologist, and acclaimed author of "Why Gender Matters," Leonard Sax reveals the truth about what's driving the decline of American boys-and what parents can do about it.

Mindframe Guidelines media guidelines

<http://www.mindframe-media.info/>

The sections of this website have been created to provide access to accurate information about suicide and mental illness and the portrayal of these issues in the news media and on stage and screen in Australia.