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Resources

Current clients: please consider whether the resources below may be effective for your needs.

Emergency and Crisis Support

For emergencies:

- please call 000,
- present to an Emergency Department, or
- contact your GP, Psychiatrist, or an agency that is able to provide in-patient support.

For 24/7 phone support regarding distress or personal crisis (including thoughts of self-harm or suicide), please call one of the following:

- Lifeline, 13 11 14, www.lifeline.org.au
- Samaritans Anonymous Crisis Support line, 13 52 47, thesamaritans.org.au
- Beyond Blue, 1300 22 46 36, www.beyondblue.org.au
- Kids Helpline (aged 5-25), 1800 55 1800, kidshelpline.com.au
- Mental Health Emergency Response Line (MHERL), 1300 555 788.

Online Self-help Resources and Services

For online self-help and/or services, you could consider:

- <https://www.headtohealth.gov.au>

For online self-help resources, you could consider:

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

Resources for if we are Working Together

A coping plan to make your own:

- [My Coping Plan](#)

A coping skills toolkit:

- [Coping Skills Toolkit](#)

A good sleep toolkit:

- [Good Sleep Toolkit](#)



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Relaxation and Mindfulness Apps

Smiling Mind: mindfulness for all ages

- <https://www.smilingmind.com.au/>

Calm: meditation and sleep

- <https://www.calm.com/>

Headspace: mindfulness and compassion (app or website)

- <https://www.headspace.com/>

Mind the Bump: mindfulness for expecting parents

- <https://www.mindthebump.org.au/>

MyCalmBeat: effective breathing

- <https://www.mybrainsolutions.com/pages/mycalmbeat/about.aspx>

Mindfulness Resources Online

Dr Tara Brach: mindfulness and compassion

- <https://www.tarabrach.com/guided-meditations/>

The Free Mindfulness Project: mindfulness

- www.freemindfulness.org/

UCLA Mindful Awareness Research Center: breathing meditation

- <https://www.youtube.com/watch?v=YFSc7Ck0Ao0>

Specific Focuses

Sleeping tips, using CBT: sleep problems

- <http://www.psychiatricapps.com/>

Worry Box: worry and anxiety

- <http://telehealth.org/apps/behavioral/the-worry-box-mobile-app>

PTSD Coach Australia: PTSD self-help

- <https://www.australia.gov.au/content/ptsd-coach-aust-app>

Reachout.com 'Toolbox': apps for young people's health and wellbeing

- <https://au.reachout.com/tools-and-apps>

Living Well: men's wellbeing for those who have been sexually abused in childhood

- <https://www.livingwell.org.au/get-support/living-well-app/>

Online Talks on Areas of Interest

Brene Brown re vulnerability and courage

- <https://brenebrown.com/videos/>

Krisin Neff re self-compassion

- <https://www.youtube.com/watch?v=11U0h0DPu7k>

Lance Allred interview re the new alpha male

- <https://www.youtube.com/watch?v=t97lbYI4TwE>