

Useful websites

This list has been compiled by the authors support of the article “Supporting nurses to provide primary mental health care” by Eileen McKinlay and Joanna Davison which appeared in the September 2011 issue of *Kai Tiaki Nursing New Zealand*.

<http://www.likeminds.org.nz/page/5-home>

<http://www.depression.org.nz/>

Including access to e-tools (John Kirwan’s journal) to help people work through their problems and look at ways forward.

http://www.nzgg.org.nz/guidelines/0152/Depression_Guideline.pdf

<http://www.mentalhealth.org.nz/page/27-Welcome>

<http://www.moh.govt.nz/moh.nsf/indexmh/mentalhealth-resources>

<http://www.healthnavigator.org.nz/>

<http://moodgym.anu.edu.au/welcome>

<http://www.headspace.org.nz>

<http://www.thelowdown.co.nz/>