



ANU STAFF WELLBEING RESOURCE GUIDE

<http://hr.anu.edu.au/staff-health-and-wellbeing/wellbeing>

Click on the links to view the details

A-Z	Click on the links to view the websites	Description
AIDS Action Council	http://aidsaction.org.au/	HIV/AIDS education, treatment, support, counselling, advocacy, need & syringe programs call 02 6257 2855
Alcohol & Drug Assistance	http://www.aa.org.au/	Alcoholics Anonymous
	http://www.adca.org.au/content/view/31/187/	For information and assistance in the ACT contact (02) 6207 9977
	http://www.drugs.health.gov.au/	National Drugs Campaign
Anglicare Housing Program	http://anglicaresa.com.au/housing/	Crisis and transitional accommodation for 15-18 year olds call 1800 228 150
Arthritis	http://www.arthritisaustralia.com.au/ ; http://www.arthritisact.org.au/	Arthritis Foundation Australia; Arthritis Foundation ACT
Canberra Connect	http://www.canberraconnect.act.gov.au/	ACT Government online services – what they are, how much they cost and how to pay call 132 281
Cancer	http://www.cancer.org.au/Home.htm ; http://www.actcancer.org/	Cancer Council Australia; Cancer Council ACT
Carer Assist about Mental Health	http://www.sfnsw.org.au/Carer/Carer-Assist-Home/default.aspx	Works with family members and friends of people with mental illness to help reduce the impact of the illness call 02 6232 9044
Centrelink	http://www.centrelink.gov.au/internet/internet.nsf/home/index.htm	Centrelink delivers a range of Commonwealth services to the Australian community call 131 021
Crime Stoppers	https://act.crimestoppers.com.au/	Anonymous hotline for reporting criminal activity call 1800 333 000
Diabetes	http://www.diabetesaustralia.com.au/	Diabetes Australia
	https://www.diabetes-act.com.au/	Diabetes ACT
Domestic Violence dvcs	http://www.dvcs.org.au/	Crisis intervention and support for people affected by domestic violence call 02 6280 0900
Elder Abuse	http://www.myagedcare.gov.au/financial-and-legal/elder-abuse-concerns http://www.communityservices.act.gov.au/wac/ageing/elder_abuse_prevention_and_assistance	ACT information and referral on elder abuse call 02 6205 3535
Equal Opportunities	http://www.eoc.sa.gov.au/ https://www.humanrights.gov.au/	Information and assistance on human rights & equal opportunities
Flu Information	http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/ITO150-cnt http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/immunise-influenza	Flu Information
Health Direct	Health Direct Australia your 24hr health advice line	Call 1800 022 222 for FREE 24-hour telephone health advice by Registered Nurses
Health (Men's & Women's)	http://www.dhcs.act.gov.au/women	Information, referral and support for women on any issue call 02 6205 1075
	http://www.menslineaus.org.au/	A unique information and telephone support service helping men with relationship problems call 1300 789 978
	http://www.healthdirect.gov.au/womens-health	Information, contacts and organisations relating to women's health
	http://www.healthdirect.gov.au/mens-health	Information, contacts and organisations relating to men's health
Health & Weight	http://health.act.gov.au/healthy-living/get-healthy%C2%AE	ACT Health - Programs and advice on how to manage your weight
	http://www.health.gov.au/internet/healthyactive/publishing.nsf/content/healthyweight	Information on how to live well
Heart Disease	http://www.heartfoundation.org.au/Pages/default.aspx	National Heart Foundation
	http://www.strokefoundation.com.au/	National Stroke Foundation
Kids and Youth Help	http://www.headspace.org.au/	Information and assistance for young people aged 12 to 25 years who are experiencing emotional or mental health issues and or substance abuse call 02 6201 5666
	http://www.kidshelp.com.au/	Kids help and support 24hrs a day from 5 to 25 years of age 1800 55 1800
	https://www.youthbeyondblue.com/	Empowering youth aged 12-25. Chat online or call 1300 22 4636
Legal Aid	http://www.legalaidact.org.au/	Free advice legal issues by appointment. Phone advice on family and civil law matters call 1300 654 314

ANU STAFF WELLBEING RESOURCE GUIDE

<http://hr.anu.edu.au/staff-health-and-wellbeing/wellbeing> Enquiries: wellbeingprogram@anu.edu.au Wellbeing Consultant x53657

Click on the links to view the details

A-Z	Click on the links to view the websites	Description
Mental & Emotional Health	http://health.act.gov.au/c/health?a=sp&did=10050411	Provides a 24 hour Mental Health Crisis Team. Provides specialist treatment and support to these people experiencing a moderate to severe mental illness. Call 1800 629 354 or 02 6205 1065
	http://www.lifeline.org.au/	For help and crisis support and suicide prevention strategies 24hrs a day call 131114
	http://www.act.relationships.com.au/	Relationships Australia call 1300 364 277
	http://counselling.anu.edu.au/	ANU Counselling Centre
	http://www.ecouch.anu.edu.au/welcome	Personal self-help program to help with depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief developed by ANU clinicians and researchers.
	http://www.authentichappiness.sas.upenn.edu/Default.aspx	Authentic Happiness focuses on developing positive emotions and strengths
	http://moodgym.anu.edu.au/welcome	Learn cognitive behavior therapy skills for preventing & coping with depression
	http://www.anxieties.com/	Information about managing anxiety and social phobias
	https://www.humanrights.gov.au/sites/default/files/document/publication/workers_mental_illness_guide_0.pdf	Workers with Mental Illness. A Practical guide for Managers
	http://au.reachout.com/	Reach Out. An organisation helping young people through tough times
	http://www.beyondblue.org.au/index.aspx?	Beyond Blue. Assistance with depression and anxiety
	http://www.blackdoginstitute.org.au/	Assistance with depression & bipolar disorder
	http://www.thehappinessinstitute.com/	The Happiness Institute helps people live better lives
	http://www.pandsi.org/	Post and ante natal depression support
Nutrition Australia	http://www.capitalregionfarmersmarket.com.au/information.html	Link to ACT Farmers Markets
	http://www.nutritionaustralia.org/	Nutritional Advice
	http://www.health.act.gov.au/our-services/nutrition	Nutritional Advice - ACT Health
Osteoporosis	http://www.osteoporosis.org.au/	Osteoporosis. A condition where ones become fragile and weak leading to fractures
Police (AFP)	http://www.afp.gov.au/contact.aspx	000 Emergencies, 131 444 for law enforcement
Salvation Army Community Service	http://salvos.org.au/	Crisis assistance and emergency relief through counseling, referral, food vouchers, clothing and financial assistance etc call 02 6247 3635
Sexual Health	http://crcc.org.au/	Rape Crisis centre 24 hour crisis service call 02 6247 2525
	http://www.healthinsite.gov.au/topics/Sexual_Health	Sexual health information
	http://www.sti.health.gov.au/internet/sti/publishing.nsf	Sexual health information
Skin Cancer Awareness	http://www.bom.gov.au/products/UV/Canberra_NSW.shtml	Check when you need to be UV alert and find useful information on how to protect your skin from sun damage
	http://www.skincancer.org/	Skin cancer information, education, news, and events
Travel	http://www.smarttraveller.gov.au/	Smart traveler. The Australian Government's travel advisory and consular information service
	http://www.who.int/en/	World Health Organisation, authority on health within the United Nations
	http://www.tmvc.com.au/	Travel Doctor, advice, clinics and medical kits for travelers
	http://www.health.gov.au/	Australian Government, Department of Health and Aging
Territory & Municipal Services	https://www.nationalcapital.gov.au/	The NCA is responsible for a number of parks and open spaces in the ACT and their website includes an interactive map of lake Burley Griffin.
	http://www.tams.act.gov.au/	The section on Transport gives information about walking and cycling paths (including an interactive map for trip planning) and the section on Play gives details about Sport and Recreation Services.
Victims of Crime	http://www.victimsupport.org.au/about.php ; http://www.victimsupport.act.gov.au	National and local contacts for victims of any crime. Contact 1800 822 272
Quit Smoking	http://www.quitnow.gov.au/	Quit line (tel 131 848)
	http://www.actcancer.org/prevention/smoking-and-tobacco/	Quit ACT

If you would like to add additional sites to this resource page please contact

injurymanagement@anu.edu.au