

[1. The Deal Project - The University of New South Wales—National Drug and Alcohol Research Centre](#)

<http://dealproject.org.au/> [Tweet](#)

3 out of 5 stars

Australia, National services Creator: The University of New South Wales—National Drug and Alcohol Research Centre Last reviewed: 31/01/2019

Review: 'The Deal Project' is developing an online self-help program based in cognitive behaviour therapy (CBT) for young people 18-25 years who are experiencing comorbidity issues of depression and drinking at risky levels. The program has passed through its trial phase with the results and evidence currently being reviewed by the National Drug and Alcohol Research Centre. Many young people will find the strategies recommended, combined with a desire to be in a healthier space, to be a powerful way to make changes to their thinking and lifestyle.

Tags: [Comorbidity](#), [Mental health](#), [Research](#), [Self-help](#), [Students](#), [Youth](#)

[2. Cocaine Anonymous](#)

<https://ca.org/> [Tweet](#)

4 out of 5 stars

International Creator: Cocaine Anonymous

Last reviewed: 29/03/2019

Review: A self-help program based on the 12-step peer support and mentoring philosophy for people who are dependent on alcohol and other drugs, with a primary focus on cocaine.

Provides access to publications and a self-test for cocaine dependence. All services are free of charge. A contact telephone number is provided for groups around the world, including in Australia, for face-to-face meetings plus online and email mentoring options.

Tags: [Cocaine](#), [Email](#), [Information](#), [Mentoring](#), [Online](#), [Peer support](#), [People who use drugs](#), [Self-help](#)

[3. Self Help Addiction Resource Centre \(SHARC\)](#)

<http://sharc.org.au/> [Tweet](#)

4 out of 5 stars

Australia, VIC Creator: Self Help Addiction Resource Centre (SHARC) Last reviewed: 28/03/2019

Review: Service that is focused on promoting self help approaches to severe alcohol and drug related issues. Provides recovery opportunities for people who use drugs, families and communities affected by dependence issues or comorbidity. Programs include residential treatment, supported accommodation, family support, and access to the drug service users' association. The programs require a long-term commitment by consumers to want to their change lifestyle patterns and behaviours to achieve sobriety. People accessing this suite of services include those who are homeless or at risk of homelessness. Peer support and mentoring are key components of the success of the services. NOTE: This is a review of the site, not any of the services offered by SHARC.

Tags: [Addiction](#), [Comorbidity](#), [Consumers](#), [Families](#), [Harm reduction](#), [Homeless](#), [Mentoring](#), [Parents](#), [Peer support](#), [People who use drugs](#), [Rehab](#), [Residential treatment](#), [Self-help](#), [Telephone](#), [Youth](#)

[4. Bullying and cyberbullying - Beyond Blue](#)

<https://www.youthbeyondblue.com/understand-what's-going-on/bullying-and-cyberbullying> [Tweet](#)

5 out of 5 stars

Australia Creator: Beyond Blue Last reviewed:
22/03/2019

Review: Information about bullying and cyberbullying. Includes tips for the prevention of harms, including depression and anxiety, by better understanding what bullying is and how to protect yourself, your family or friends if someone becomes the target of face-to-face or cyber bullying. The site includes self-help tips, a link to online counselling and a 24/7 telephone helpline number. A beneficial website for youth and people who work with youth.

Tags: [Anxiety](#), [Depression](#), [Helpline](#), [Information](#),
[Mental health](#), [Online](#), [Prevention](#), [Self-help](#),
[Telephone](#), [Youth](#)

[5. SMART Recovery Australia - Self Management and Recovery Training](#)

<http://smartrecoveryaustralia.com.au/> [Tweet](#)

5 out of 5 stars

Australia, National services Creator:

SMART Recovery Australia Last reviewed:
28/02/2019

Review: A free group program assisting people with any dependent behaviours including on alcohol, tobacco or other drugs. Using a facilitator guided self-help model based on Cognitive Behavioural Therapy techniques, participants are encouraged to develop attitudes and behaviours which help them to make healthy lifestyle choices. Access to community-based or online group meetings, facilitator training programs, practical resources, and news and latest thinking articles.

Tags: [Addiction](#), [Advocacy](#), [Consumers](#), [Families](#), [News](#), [Online](#), [Peer support](#), [People who use drugs](#), [Professionals](#), [Rehab](#), [Resources](#), [Self-help](#), [Training](#), [Youth](#)

[6. Head to Health - Healthdirect Australia](#)

[https://headtohealth.gov.au/?
utm_source=mindhealthconnect&utm_medium=301](https://headtohealth.gov.au/?utm_source=mindhealthconnect&utm_medium=301)

[Tweet](#)

5 out of 5 stars

Australia, National services Creator: Healthdirect

Australia Last reviewed: 18/12/2018

Review: A gateway to mental health and wellbeing information and support for individuals suffering from mental illness, carers and health professionals. Provides comprehensive information on mental health and comorbidity in relation to specific drugs. Offers online assessment tools and practical self help guidance. Additional information for specific populations including Indigenous, GLBTIQ, rural and remote, youth, parents, seniors, multicultural, men and women.

Tags: [Assessment](#), [Carers](#), [Children](#), [Comorbidity](#), [Consumers](#), [GLBTIQ](#), [Health promotion](#), [Indigenous](#), [Libraries](#), [Men](#), [Mental health](#), [Multicultural](#), [Online](#), [Professionals](#), [Rural and remote](#), [Self-help](#), [Seniors](#), [Service directories](#), [Women](#)

[7. MethHelp - New Zealand Drug Foundation](#)

<http://drughelp.org.nz/a-bit-about-drugs/meth>

[Tweet](#)

5 out of 5 stars

New Zealand Creator: New Zealand Drug

Foundation - DrugHelp Last reviewed:

10/12/2018

Review: Excellent resource on methamphetamines (particularly Ice) and cannabis, told through videos of personal stories. Covers topics such as self-assessment, relapse and how to help a loved one. A thought provoking site for youth workers, counsellors, senior secondary students and health science tertiary students. Included on the site are practical self-help tips for people who use drugs to help reduce risky use of substances, to keep themselves safe, and to help maintain a functioning lifestyle. Material on this site has been developed for New Zealanders and is complementary to Australian websites and resources.

Tags: [Amphetamines](#), [Cannabis](#), [Consumers](#), [Harm reduction](#), [Ice](#), [Information](#), [People who use drugs](#), [Self-help](#)

[8. Hello Sunday Morning](#)

<http://hellosundaymorning.org/> [Tweet](#)

5 out of 5 stars

International Creator: Hello Sunday Morning

Last reviewed: 17/10/2018

Review: An innovative health promotion and harm reduction campaign which encourages people, especially young adults, to pledge to partying safely and to avoid hangovers. There are online tips, opportunities to blog, access to apps, and even alcohol free drink recipes to help participants to maximise social experiences with minimal negative side effects. Peer support resources are available for people taking an alcohol break and also for those interested in alcohol moderation. 24-hour helpline and self-help links are provided for people needing extra assistance or encouragement to make or maintain a pledge. A mobile app has helped to make this initiative the largest online movement for alcohol behaviour change in the world.

Tags: [Alcohol](#), [Communities](#), [Consumers](#), [Early intervention](#), [Harm reduction](#), [Health promotion](#), [Helpline](#), [Online](#), [Peer support](#), [Safe partying](#), [Self-help](#), [Youth](#)

[9. WayAhead - Mental Health Association](#)

[NSW](#)

<https://wayahead.org.au/> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: Mental Health

Association NSW Last reviewed:

09/10/2018

Review: Peak body promoting mental health and treatment services through information, resources, support and education. Primarily a service directory providing links for mental health services throughout Sydney and NSW. There is also an excellent range of PDF Fact Sheets on topics such as 'mental health jargon', 'information for carers', 'medicare programs', and 'facts on mental health'. A telephone helpline and other crisis care links are available. Seminars and professional development are offered for professionals. Public information seminars and self-help groups are available for families and people experiencing issues related to mental illness.

Tags: [Associations](#), [Carers](#), [Education](#), [Families](#), [Helpline](#), [Information](#), [Mental health](#), [Peak bodies](#), [Professionals](#), [Self-help](#), [Service directories](#)

[10. Trimbos Institute](#)

<http://www.trimbos.org/> [Tweet](#)

5 out of 5 stars

Netherlands Creator: Trimbos Institut Last reviewed: 12/09/2018

Review: Dutch institute for research into mental health, comorbidity, resilience and addiction. Information is digitised and shared in multiple languages to assist in the improvement of policy guidelines, prevention strategies, assessment and clinical guidelines. The Institute has a strong presence internationally with a prolific publishing record having staff members being the authors or co-authors of more than 200 publications per year. The international eHealth initiatives include innovative portals on alcohol and health with a web-based self-help intervention tool - useful for AOD professionals working with multicultural clients.

Tags: [Addiction](#), [Assessment](#), [Clinical guidelines](#), [Comorbidity](#), [eHealth](#), [Mental health](#), [Multicultural](#), [Policy](#), [Prevention](#), [Professionals](#), [Research](#), [Self-help](#), [Strategy](#)

