

[1. Aussie Optimism - Curtin University - Health Sciences](https://healthsciences.curtin.edu.au/schools/psychology/aussie-optimism/)

<https://healthsciences.curtin.edu.au/schools/psychology/aussie-optimism/> [Tweet](#)

4 out of 5 stars

Australia, National services Creator: Curtin University - Health Sciences Last reviewed: 06/08/2018

Review: Website supporting Curtin's 'Aussie Optimist' mental health promotion program for children in primary and lower secondary schools. Aussie Optimism is based on Seligman's theories of learned helplessness, and more generally on Positive Psychology. Training is available for teachers and other professionals working with young people aged 6-14. There is a cost involved in accessing the curriculum materials and professional development. Resources have been assessed against current Australian Curriculum criteria. The site's layout is clear, and provides consistent information about Aussie Optimism in plain English.

Tags: [Children](#), [Health promotion](#), [Mental health](#), [Prevention](#), [Students](#), [Teachers](#), [Training](#)

[2. UnitingCare ReGen](#)

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

5 out of 5 stars

Australia, VIC Creator: Uniting Care ReGen

Last reviewed: 06/08/2018

Review: Leading alcohol and other drugs treatment, counselling, assessment, education and advocacy agency offering a wide range of evidence-based services within a harm reduction framework. Withdrawal and aftercare services available in some locations. Targeted services for youth and their families offered. Training, development, news updates and resources are available for professionals working with clients with alcohol and other drug, trauma, and other comorbidity issues.

comorbidity issues.

Services are located throughout Victoria and Tasmania.

Tags: [Addiction](#), [Advocacy](#), [Assessment](#), [Comorbidity](#), [Consumers](#), [Counselling](#), [Detox](#), [Drivers](#), [Education](#), [Families](#), [Harm reduction](#), [Information](#), [News](#), [Professional development](#), [Rehab](#), [Residential treatment](#), [Withdrawal](#), [Youth](#)

[3. Victorian Transcultural Mental Health](#)

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

4 out of 5 stars

Australia, VIC Creator: Victorian Transcultural
Mental Health Last reviewed: 06/08/2018

Review: The Victorian Transcultural Mental Health (VTMH) is a resource for mental health and disability support workers in culturally and linguistically diverse communities. The website is targeted towards primary health professionals and contains a range of resources and services. One of these is the Intersect Project, supporting people who identify as LGBTIQ in multicultural and multi-faith communities. The VTMH is regularly evaluated and the website, while crowded and possibly overwhelming for first time visitors, is a rich and well-written resource.

Tags: [Carers](#), [Consumers](#), [Mental health](#),
[Multicultural](#), [Online](#), [Professionals](#), [Resources](#),
[Training](#)

[4. Australian Professional Society on Alcohol & other Drugs](#)

<https://www.apsad.org.au/index.php> [Tweet](#)

4 out of 5 stars

Australia Creator: Australian Professional Society on Alcohol & other Drugs Last reviewed: 31/07/2018

Review: APSAD is a multidisciplinary organisation for professionals involved in the alcohol and other drug field. They publish the journal 'Drug and Alcohol Review' and organise the annual Scientific Alcohol and Drug Conference. Membership required to access some resources such as workshops.

Tags: [Associations](#), [Clinical guidelines](#), [Events](#), [Information](#), [News](#), [Peak bodies](#), [Prevention](#), [Professional development](#), [Professionals](#), [Tobacco](#), [Training](#)

[5. Registered Training Organisation - Odyssey House Victoria](#)

<http://www.odyssey.edu.au/> [Tweet](#)

5 out of 5 stars

Australia, VIC Creator: Odyssey House

Victoria Last reviewed: 31/07/2018

Review: Nationally accredited training organisation providing online flexible courses for professionals working in the Alcohol and other Drug field or conducting a needs assessment and delivering tailored workplace professional development. Provides online support in the form of manuals, learning materials, assessments and news feed. Can also be contacted by phone, email and forums. Strives for a best practice, evidence-based approach to quality education.

Tags: [Education](#), [News](#), [Online](#), [Professional development](#), [Professionals](#), [Students](#), [Telephone](#), [Training](#), [Workplaces](#)

[6. Alcohol & Drug Services - Townsville Aboriginal and Islander Corporation for Health Services](#)

<https://www.taihs.net.au/taihs-services/counselling-wellbeing-services-zuh69g/rehabilitation-alcohol-drug-services/> [Tweet](#)

3 out of 5 stars

Australia, QLD Creator: Townsville Aboriginal and Islander Corporation for Health Services Last reviewed: 31/07/2018

Review: An Aboriginal community controlled health service providing holistic, primary health care to improve the health and wellbeing of people living in Townsville and broader North-West Queensland. A range of services are provided including counselling, youth services, a residential recovery service, women and men's groups, and primary health care such as dental and maternal health.

Tags: [Communities](#), [Detox](#), [Diversion](#), [Harm reduction](#), [Indigenous](#), [Inhalants](#), [Outreach](#), [Rehab](#), [Residential treatment](#), [Rural and remote](#), [Youth](#)

7. Social and emotional wellbeing - Goondir Health Services

<http://www.goondir.org.au/service/social-emotional-wellbeing> [Tweet](#)

4 out of 5 stars

Australia, QLD Creator: Goondir Health

Services Last reviewed: 31/07/2018

Review: Goondir is an Aboriginal Community Controlled Health Service that aims to improve health and wellbeing of Aboriginal and Torres Strait Islander peoples from Oakey (South East Queensland) to St George (South West Queensland). They offer a range of primary health care and health-related services, including mobile health promotion.

Tags: [Addiction](#), [Assessment](#), [Counselling](#), [Harm minimisation](#), [Harm reduction](#), [Indigenous](#), [Mental health](#), [Prevention](#), [Rehab](#)

[8. Needle and syringe exchange program - WA AIDS Council](#)

<http://www.waaid.com/what-we-do/needle-exchange.html> [Tweet](#)

3 out of 5 stars

Australia, WA Creator: WA AIDS Council

Last reviewed: 31/07/2018

Review: Provides harm reduction services and a range of information, including for people who inject drugs, with the aim of reducing the spread of blood-borne viruses. Safer sex equipment, advice, information and referral services also offered. Based in Western Australia. Note: This is a review and star rating of the provider's website and the information on it, not a review of the quality of their services.

Tags: [Harm reduction](#), [Infectious diseases](#), [Information](#), [Prevention](#), [Referrals](#), [Safe injecting](#)

[9. The Drug Court of NSW - NSW Government](#) [- Department of Justice](#)

<http://www.drugcourt.justice.nsw.gov.au/> [Tweet](#)

4 out of 5 stars

Australia, NSW Creator: NSW Government -

Department of Justice Last reviewed:

30/07/2018

Review: A specialist court for offenders who are drug dependent and identified as being able to benefit from a detox and rehab treatment program. Individuals are remanded in custody for detoxification and assessment before referral to a three phase program (phase 1: Initiation and Stabilisation; phase 2: Consolidation; phase 3: Re-integration). The programs are evidence-based and designed to shift participants from a lifestyle that is dominated by addiction and criminal activity to one which is drug-free and includes employment or readiness for employment. Participants are expected to complete drug tests throughout the program and make a commitment to a healthier lifestyle.

Tags: [Assessment](#), [Criminal](#), [Detox](#), [Drug courts](#), [Drug testing](#), [Government](#), [Offenders](#), [People who use drugs](#), [Rehab](#)

[10. Warlpiri Youth Development Aboriginal Corporation \(WYDAC\)](#)

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

4 out of 5 stars

Australia, NT Creator: Warlpiri Youth Development Aboriginal Corporation Last reviewed: 30/07/2018

Review: Provides a range of residential, outreach, early intervention, health promotion, harm reduction, education and workplace training programs for young Warlpiri people living in five different Warlpiri sites – Yuendumu, Willowra, Nyirrpi, Lajamanu and Mt Theo Outstation in the Northern Territory. The management and board have a stated commitment to encouraging prevention and local involvement in the creation and administration of physical and social health initiatives.

Tags: [Communities](#), [Counselling](#), [Education](#), [Harm reduction](#), [Health promotion](#), [Indigenous](#), [Outreach](#), [Prevention](#), [Residential treatment](#), [Rural and remote](#), [Workplaces](#), [Youth](#)

