

# *General* Mental Health

Supplement to Contemplate



**Ramsay Clinic  
Thirroul**

[ramsaymentalhealth.com.au](https://ramsaymentalhealth.com.au)



**Ramsay  
Mental Health**

## About the General Health Supplement to Contemplate

We are proud to have revolutionised our inpatient workbooks into Contemplate, an engaging and easy-to-read companion that complements your inpatient group therapy experience.

If you would like any further information on the topics covered in Contemplate or in the Group Therapy Program, please refer to the suggestions below and/or ask the therapists on your Unit for recommendations.

## Useful Resources

### General Resources

Mental Health Information Service	<a href="http://www.mentalhealth.asn.au">www.mentalhealth.asn.au</a>	1300 794 991
Beyond Blue	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	1300 224 636
Black Dog Institute	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>	02 9382 4530
SANE Australia	<a href="http://www.sane.org">www.sane.org</a>	1800 18 7263

### Crisis lines

Lifeline	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	13 11 14
Salvo Care Line	<a href="http://www.salvos.org.au/salvocareline">www.salvos.org.au/salvocareline</a>	1300 363 622
Kids Helpline	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	1800 55 1800
Mens Helpline	<a href="http://www.mensline.org.au">www.mensline.org.au</a>	1300 789 978
Drug Info Line	<a href="http://www.druginfo.adf.org.au">www.druginfo.adf.org.au</a>	1300 858 584
Family Drug Support (24 hr)	<a href="http://www.fds.org.au">www.fds.org.au</a>	1300 368 186
National AA Helpline	<a href="http://www.aa.org.au">www.aa.org.au</a>	1300 22 22 22
Narcotics Anonymous	<a href="http://www.na.org.au">www.na.org.au</a>	02 9565 1453

### Family Resources

Relationships Australia	<a href="http://www.relationships.com.au">www.relationships.com.au</a>	1300 364 277
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## Suggested Reading

### General

Seligman M. *Learned Optimism*. New York: Knopf Doubleday Publishing Group, 2006.

Weber ZA. *Good Grief: how to recover from grief, loss or a broken heart*. Double Bay, NSW: Margaret Gee Publishing, 2001.

Sharp T. *Good Sleep Guide: 10 steps to better sleep and how to break the worry cycle*. Penguin Group Australia, 2001.

Cowan G. *Back from the Brink: Australians telling their stories of overcoming depression*. Sydney: Bird in Hand Media, 2007.

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

### **Cognitive Behaviour Therapy**

Gilbert P. *Overcoming Depression: a self-help guide using cognitive behavioral techniques*.

London: Constable & Robinson, 2010.

Greenberger D & Padesky CA. *Mind Over Mood: changing the way you feel by changing the way you think*. New York: Guilford Publications, 1995.

Addis E & Martell CR. *Overcoming Depression One Step at a Time: the new behavioural activation approach to getting your life back*. Oakland, CA: New Harbinger Publications, 2004.

Rapee R. *Overcoming Shyness and Social Phobia: a step-by-step guide*. Northvale, NJ: Jason Aronson: Rowman and Littlefield Publishers Inc., 1998.

Nicholas M, Molloy A, Tonkin L & Beeston L. *Manage Your Pain: practical and positive ways of adapting to chronic pain*. London: Souvenir Press Limited, 2006.

Young JE & Klosko JS. *Reinventing Your Life: the breakthrough program to end negative behaviour*. New York: Penguin Group, 1994.

McKay M and Fanning P. *Self-esteem: a proven program of cognitive techniques for assessing, improving and maintaining your self-esteem*. 3rd ed. Oakland, CA: New Harbinger Publications, 2000.

Paterson R. *The Assertiveness Workbook: how to express your ideas and stand up for yourself at work and in relationships*. Oakland, CA: New Harbinger Publications, 2000.

Bourne E J. *Anxiety and Phobia Workbook, 4th ed*. Oakland, CA: New Harbinger Publications, 2005.

### **Acceptance and Commitment Therapy**

Forsyth JP, Eifert GH & McKay M. *Act on Life Not on Anger: the new acceptance and commitment therapy guide to problem anger*. Oakland, CA: New Harbinger Publications, 2006.

Forsyth JP & Eifert GH. *The Mindfulness & Acceptance Workbook for Anxiety: the new acceptance and commitment therapy guide to problem anger*. Oakland, CA: New Harbinger Publications, 2008.

Strosahl KD & Robinson PJ. *The Mindfulness & Acceptance Workbook for Depression*. Oakland, CA: New Harbinger Publications, 2008.

Smith H. *Get Out of Your Mind and Into Your Life: the new acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications, 2009.

Dahl J & Lundgren T. *Living Beyond Your Pain: using acceptance and commitment therapy to ease chronic pain*. Oakland, CA: New Harbinger Publications, 2006.

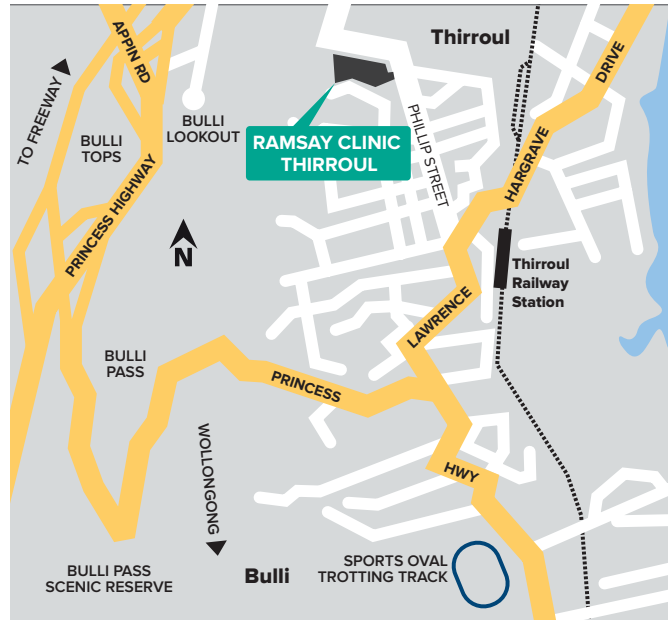
McKay M. *The Dialectical Behaviour Therapy Book: practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation & distress tolerance*. Oakland, CA: New Harbinger Publications, 2007.

Harris R. *The Happiness Trap: stop struggling, start living*. London, GB: Robinson Publishing, 2008.

Williams JMG, Teasdale JD, Kabat-Zinn J & Segal ZV. *The Mindful Way Through Depression: freeing yourself from chronic unhappiness*. New York, NY: Guilford Publications, 2007.

Lejeune C. *The Worry Trap: how to free yourself from worry and anxiety using acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications, 2007.

Harris R. *ACT with Love: stop struggling, reconcile differences and strengthen your relationship with acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications, 2009.



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