Connect for Mental Health



References

beyondblue. (2016). *Beyondblue.org.au*. Retrieved 2 November 2016, from <u>https://</u> <u>www.beyondblue.org.au/the-facts/suicide-prevention/worried-about-suicide/having-a-conversation-with</u> <u>-someone-you're-worried-about</u>

Brené Brown on Empathy. (2016). *YouTube*. Retrieved 2 November 2016, from <u>https://www.youtube.com/</u> watch?v=1Evwgu369Jw&feature=youtu.be

E is for Empathy - The Gottman Institute. (2016). *The Gottman Institute*. Retrieved 2 November 2016, from https://www.gottman.com/blog/e-is-for-empathy/

Suicide and crisis care: warning signs and support | Health and wellbeing | Queensland Government. (2016). *Qld.gov.au*. Retrieved 2 November 2016, from <u>https://www.qld.gov.au/health/mental-health/</u><u>suicide/</u>

Resources search - Rethink Mental Illness, the mental health charity. (2016). *Rethink.org*. Retrieved 2 November 2016, from <u>https://www.rethink.org/resources/search?a=suicide%20thoughts</u>

Mental health and mental illness. (2016). *Sane.org*. Retrieved 2 November 2016, from <u>https://</u><u>www.sane.org/mental-health-and-illness/81-mental-health-and-mental-illness</u>

Who.int. (2016). *WHO* | *Mental health: a state of well-being*. [online] Available at: <u>http://www.who.int/features/factfiles/mental_health/en/</u> [Accessed 31 Oct. 2016].

Daniel Siegel - Interpersonal Connection. (2016). *YouTube*. Retrieved 2 November 2016, from <u>https://www.youtube.com/watch?v=bP9bT6xfhNE</u>

Research and Evidence in Suicide Prevention | Living is for Everyone. (2016). Livingisforeveryone.com.au. Retrieved 2 November 2016, from <u>http://www.livingisforeveryone.com.au/resources/research-and-evidence-in-suicide-prevention/</u>

Statistics on Mental Health. Fact Sheet. (2016). *Mental Health Australia*. Retrieved 2 November 2016, from https://mhaustralia.org/fact-sheets/statistics-mental-health-fact-sheet

(2016). Retrieved 2 November 2016, from <u>https://health.gov.au/internet/main/publishing.nsf/</u> Content/9DA8CA21306FE6EDCA257E2700016945/\$File/pt2.pdf

Preventing Suicide. (2016). *Lifeline.org.au*. Retrieved 2 November 2016, from <u>https://www.lifeline.org.au/</u><u>get-help/topics/preventing-suicide</u>

(2016). Retrieved 2 November 2016, from <u>https://www.lifeline.org.au/static/uploads/files/helping-someone-at-risk-of-suicide-wfbbcjsjuwkh.pdf</u>

Diagnostic and statistical manual of mental disorders. (2013). Washington, D.C.

Siegel, D. (2010). *Mindsight*. New York: Bantam Books.

Goleman, D. (1995). Emotional intelligence. New York: Bantam Books.

Wiseman, T. (1996). A concept analysis of empathy. *Journal Of Advanced Nursing*, 23(6), 1162-1167.