

Affective (Mood) Disorders

Support agency	Website address	Phone number(s)	Illness	Support
SANE (Australia)	http://www.sane.org/	(61) 03 9682 5933	<ul style="list-style-type: none"> Bipolar mood disorder Depression 	<p>Factsheet and podcasts page presents condition specific information http://www.sane.org/information/factsheets_%2b_podcasts.html</p> <p>Translations for bipolar disorder http://www.sane.org/factsheets/bipolar_disorder_-_translations.html</p>
RANZCP	http://www.ranzcp.org	(61) 03 9640 0646	<ul style="list-style-type: none"> Bipolar disorder Depression 	<p>Consumer and Carer Clinical Practice Guidelines http://www.ranzcp.org/resources/clinical-practice-guidelines.html</p>
Mental Illness Fellowship (Australia)	http://esvc000144.wic027u.server-web.com/	(61) 03 84864200 Helpline: (61) 03 84864222	<ul style="list-style-type: none"> Major depression Bipolar disorder 	Fact sheets and information, resources and research material
Health Navigator (New Zealand)	http://www.healthnavigator.org.nz/		<ul style="list-style-type: none"> Bipolar disorder Depression 	Fact sheets, pamphlets, symptoms, tests and diagnosis information, clinical resources, self help measures, treatment and medication details, support services and links
Resource finder (New Zealand)	http://www.mentalhealth.org.nz/resourcefinder/listings/search/		<ul style="list-style-type: none"> Mental health related topics 	
Beyondblue (Australia)	http://www.beyondblue.org.au	1300 22 4636	<ul style="list-style-type: none"> Depression Bipolar disorder Antenatal depression 	Information and links to anxiety
Depression Services	http://www.depressionservices.org.au/		<ul style="list-style-type: none"> Depression 	Information on depression, counselling services, peer support & information and self-management
Black Dog Institute (Australia)	http://www.blackdoginstitute.org.au		<ul style="list-style-type: none"> Depression Bipolar disorder Associated topics 	Fact sheets, resources, depression and bipolar education program
Depression (New Zealand)	http://www.depression.org.nz/content/home	Helpline: 0800 111 757	<ul style="list-style-type: none"> Depression 	Signs, symptoms, other people's stories, information, self-help and resources.
SPINZ – Suicide Prevention in New Zealand	www.spinz.org.nz	(61) 09 300 7035		Information service, resource finder
BALANCE – New Zealand Bipolar Network	www.balance.org.nz	(61) 03 366 3631	<ul style="list-style-type: none"> Bipolar disorder Depression 	Regional and online support groups, information, education programs, research
Manic Depressive Support Group (New Zealand)		(64) 04 385 5802	<ul style="list-style-type: none"> Depression 	