Useful Resources

Websites

Please note that by selecting one of these links you may exit the Carlingford High School web site.

• Michael Carr-Gregg  www.michaelcarr-gregg.com.au
  Michael is one of Australia’s highest profile psychologists who specialises in the area of parenting adolescents and adolescent mental health

• Health Insurance Commission  www.hic.gov.au
  Provides downloadable Medicare Forms including Medicare Enrolment Form, Copy/Transfer Application Form and other Medicare forms

• FPA Health  www.fpahealth.org.au
  Helps you with all your sexual and reproductive health needs

• Kids Helpline  www.kidshelp.com.au
  A national telephone counselling service for young people aged 5-18 years. It is free, anonymous and confidential. The website contains links to email counselling opportunities also.

• Reachout  www.reachout.com.au
  Information and referral service for young people

• Youth NSW  www.youth.nsw.gov.au
  Info on topics such as health, money, housing, legal issues and more

• Youth Source  www.youthsource.org
  A youth website designed by youth specifically for the North Shore. Find out all about local info, events and health services

• Somazone  www.somazone.com.au
  A website created by young people, for young people. Have your health questions answered and lots more

• The Source  www.thesource.gov.au
  Information for young people on things such as drugs and alcohol, mental health, sport and much more

• Australian Alcohol Guidelines  www.alcoholguidelines.gov.au
  Information about standard drinks and alcohol related problems

• Australian Drug Information Network  www.adin.com.au
  Provides further information about drug and alcohol, as well as other drug and alcohol services
Drug Information at your Local Library (di@yll)
www.diayll.sl.nsw.gov.au
The di@yll web site operates as a gateway to other sites on the internet, providing quality information about drugs you can trust.

Yes to Life
www.yestolife.com.au
"Yes to life" provides information for people living with Depression and Anxiety, and for their families. There is a section for young people - this includes information about understanding depression and getting help.

NSW Health- Fact Sheets
Fact sheets on Drugs and alcohol
Fact Sheets on Sexual Health

Books

- "What To Do When Your Children Turn Into Teenagers"
  David Bennett and Rowe

- "Stop Struggling With Your Teenager"

- "Drugs and Your Teenager - A Practical Guide for Australian Parents"
  Palin M, Beatty S, Rivoli, Melbourne 2000

- "Raising Real People; Creating a Resilient Family"
  Andrew Fuller, Acer Press, Melbourne 2002

- "Alcohol and Your Health"
  Australian Alcohol Guidelines NHMRC

- "Easy Parenting"
  Ken and Elizabeth Mellor

- Michael Carr-Gregg’s books