



**PRIMERA Resource Document: Reliable websites, providing written and multimedia psychoeducation on a range of mental disorders for use in tandem with the Family Talk intervention**

**1. HSE<sup>1</sup> – Website**

HSE information on mental health conditions.

**2. COPMI & Emerging Minds**

Children of Parents with Mental Illness (COPMI)<sup>2</sup> and Emerging Minds<sup>3</sup> have a range of excellent material and videos on the following topics (via the COPMI website and YouTube Channel):

This wide range of high quality mental health videos (4-5 Ms) include:

- 'Looking after you'
- 'What is depression?'
- 'What is anxiety?'
- 'What is bipolar?'
- 'What is psychosis?'
- 'What is personality disorder?'
- 'What are eating disorders?'

**3. Royal College of Psychiatrists<sup>4</sup> (RCP)**

Excellent written and video resource, by RCP including a fact sheet and A-Z list of mental health problems and disorders (video<sup>5</sup>, example bipolar disorder<sup>6</sup>).

**4. The Mental health foundation<sup>7</sup>**

This UK charity provides a detailed A-Z list outlining mental disorders and promotes good mental health. *'Our knowledge, informed by rigorous research and practical based study, has been pioneering change for more than 60 years and we aren't afraid to challenge the status quo or tackle difficult or under researched issues.'*

**5. The National institute for Health and Care excellence (NICE<sup>8</sup>)**

This site provides national guidelines on a range of topics and outline how to respond to a range of mental health problems by providing NICE guidelines on depression, generalised anxiety disorder, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder and social anxiety disorder.

**6. Social care institute for excellence (SCIE<sup>9</sup>)**

Provides a range of excellent information for mental health<sup>10</sup> in older populations and directs to the RCP and the mental health foundation websites outlined above.

**7. WHO** The world health organisation (WHO<sup>11</sup>) offers fact sheets<sup>12</sup> on a wide range of mental disorders with multimedia.

**8. Module 1 of Keeping Families and Children in Mind<sup>13</sup>** has brief online clips on a range of mental disorders.

<sup>1</sup> <https://www2.hse.ie/mental-health-issues/>

<sup>2</sup> <https://www.youtube.com/channel/UCT7nujXiUqctoTKsocUmA7A>

<sup>3</sup> <https://emergingminds.com.au/resources/mental-illness-videos-different-mental-illnesses/>

<sup>4</sup> <https://www.rcpsych.ac.uk/healthadvice/problemsanddisorders.aspx>

<sup>5</sup> <https://www.youtube.com/user/RCofPsychiatrists>

<sup>6</sup> <https://www.rcpsych.ac.uk/healthadvice/problemsanddisorders/bipolardisorderkeyfacts.aspx>

<sup>7</sup> <https://www.mentalhealth.org.uk/a-to-z>

<sup>8</sup> <https://www.nice.org.uk/guidance/cg123>

<sup>9</sup> <https://www.scie.org.uk/publications/guides/guide03/>

<sup>10</sup> <https://www.scie.org.uk/publications/guides/guide03/problems/illness.asp>

<sup>11</sup> [http://www.who.int/mental\\_health/management/en/](http://www.who.int/mental_health/management/en/)

<sup>12</sup> <http://www.who.int/mediacentre/factsheets/fs396/en/>

<sup>13</sup> <https://emergingminds.com.au/resources/keeping-families-children-mind-elearning-course/>