



STAYING INFORMED

Keep up-to-date with new research in the field and initiatives around the country by subscribing to our Bulletin, or view the Bulletin on our website

Contact us to subscribe: email info@mentalhealth.org.nz or phone 09 300 7030.



RESOURCES

We produce a range of resources (brochures, booklets etc.) that promote mental health in the community.

Contact us for a list of titles, or visit our website to order through our online shop.



ONLINE SHOP

Our online shop contains a range of titles including our popular 'Relax' CD and topical books.

Visit the online shop on our website.

CONTACT US

Resource & Information Service

Phone: **09 300 7030**

Email: resource@mentalhealth.org.nz
(for a list of resources produced by the Mental Health Foundation)

Email: info@mentalhealth.org.nz
(for all information inquiries)

www.mentalhealth.org.nz/library

Mental Health Foundation

PO Box 10051, Dominion Road
81 New North Road, Eden Terrace, Auckland

Phone: **09 300 7010**

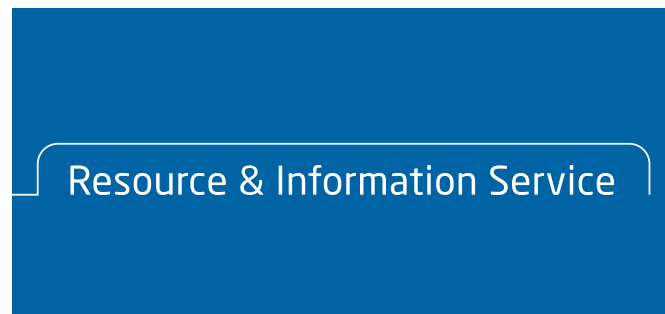
Fax: 09 300 7020

www.mentalhealth.org.nz

Visit us

Resource & Information Service, Second floor, 81 New North Road, Eden Terrace, Auckland

We are open to the public from 9.00am - 4.30pm,
Monday to Friday



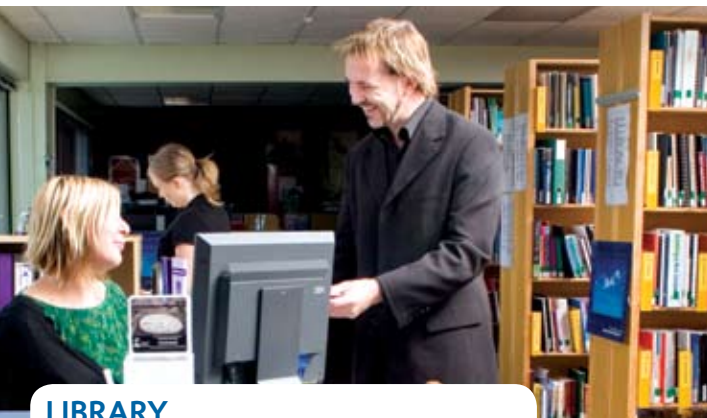
Leaders in mental health information

 **Mental Health Foundation**
of New Zealand
www.mentalhealth.org.nz

Making mental health everybody's business.

We provide a free service to anyone who would like information on mental health including –

- Members of the public
- Consumers, their family and friends
- Mental health professionals
- Researchers and students
- Other libraries



LIBRARY

We have a wide range of library material covering mental health, wellbeing and mental health promotion topics. Anyone is welcome to join our service, which entitles you to borrow library material, search our databases, and receive new publication alerts. If you are based outside Auckland, you can borrow our books by Interloan through your public library.

To view the titles in our library, search our online library catalogue on our website.

SPECIAL COLLECTIONS

We have a range of special stand-alone collections including:

- Children's collection
- DVD/Video collection
- Legislation and policy collection
- Maori collection
- Suicide Prevention Information New Zealand (SPINZ) collection

FACILITIES

We have computers to help with your research, facilities for viewing our range of mental health videos and DVDs, and plenty of study space for reflection.

RESEARCH

We subscribe to a range of journals and databases to keep up-to-date with the latest research in the field, and maintain a database on mental health promotion research relevant to New Zealand. Call or email us to find out more about this service.



INFORMATION

We have experienced subject librarians who will help answer your mental health questions and refer you to appropriate services. We do not offer counselling or advocacy services, but will be able to supply you with information regarding these.

Email us on info@mentalhealth.org.nz or phone 09 300 7030. You can also visit our website and view information at your leisure.



WEBSITE

www.mentalhealth.org.nz/library

Our website contains a wealth of information on mental health topics. You can use our A-Z list to find information on your topic; view our resources online; find statistics and evidence-based information; and view a national calendar of events.

Please inform us about events in your area so we can keep our calendar current.



SUBJECT GUIDES

Our subject guides contain recommended reading, including book chapters, journal articles and statistics for a wide range of subjects. Find them on our website.