



Useful Website Information

Holmes and Rahe

1. Holmes and Rahe Stress online test - https://www.mindtools.com/pages/article/newTCS_82.htm

Death

1. Prince list of assets - <http://www.mncourts.gov/mncourtsgov/media/CIOMediaLibrary/Documents/Inventory.pdf>
2. Documents to prepare - <https://www.moneysmart.gov.au/life-events-and-you/over55s/wills-and-power-of-attorney>
3. NSW Government Planning Ahead <http://planningaheadtools.com.au/>
4. NSW Government dying intestate - <http://www.tag.nsw.gov.au/intestacy-faqvirtual.html>
5. Online documentation storage - www.nowsorted.com
6. WA Government dying intestate <https://www.legalaid.wa.gov.au/InformationAboutTheLaw/BirthLifeandDeath/Mattersafterdeath/Pages/Dyingwithoutawill.aspx>
7. How to register organ donation - <http://www.donatelife.gov.au/>
8. Australian Government information on what to do following a death, this is a fantastic resource - <https://www.humanservices.gov.au/customer/subjects/what-do-followingdeath>

Death of a spouse or close family member

1. Australian Government information on what to do following a death, this is a fantastic resource - <https://www.humanservices.gov.au/customer/subjects/what-do-followingdeath>

Divorce – without kids

1. Divorce case - http://www.hcourt.gov.au/assets/cases/02-Brisbane/b14-2017/Thorne_SP.pdf
2. http://www.hcourt.gov.au/cases/case_b14-2017
3. Divorce app - <https://amicable.io/>

Divorce – with kids

1. Family court parenting information <http://www.familycourt.gov.au/wps/wcm/connect/fcoaweb/family-law-matters/familylaw-in-australia/parenting-cases-the-best-interests-of-the-child>
2. Applying to the court for orders fact sheet - <http://www.familycourt.gov.au/wps/wcm/connect/fcoaweb/reports-andpublications/publications/court-orders/applying-to-the-court-for-orders>
3. How do I – Apply for consent orders - <http://www.familycourt.gov.au/wps/wcm/connect/fcoaweb/how-do-i/appsorders/consent-orders/applying-consent-orders>

Disability or incapacity due to accident or illness

1. Social media funding- <https://au.gofundme.com/>
2. Social media funding - <https://mycause.com.au>
3. Social media funding - <https://gogetfunding.com/>
4. Safe Work Australia - <https://www.safeworkaustralia.gov.au/>

Dismissal from employment

1. Australian Government department - www.fairwork.gov.au



2. Cases - <https://www.fwc.gov.au/cases-decisions-and-orders>.

Disaster occurring whilst travelling

1. Australian Government Department - <http://dfat.gov.au/pages/default.aspx>
2. Smartraveller - <http://smartraveller.gov.au/>

Dissolution of a business that is unforeseen or due to financial losses

1. Business Plan template <https://www.business.gov.au/info/plan-and-start/templatesand-tools>

Depression or mental illness – provided by Philipa Thornton

In an emergency call 000

1. Lifeline 131114 - <https://www.lifeline.org.au/>
2. Your local mental health crisis team: <https://www.healthdirect.gov.au/crisis-management>
3. International help lines: http://www.iasp.info/resources/Crisis_Centres/
4. Beyond Blue <https://www.beyondblue.org.au/>
5. Black Dog Institute <https://www.blackdoginstitute.org.au/>
6. Buddhist Vipassana Retreat NSW and worldwide:
<http://www.internationalmeditationcentre.org/global/index.html>
7. Richard Carlson's Stop Thinking and Start Living.
https://www.goodreads.com/book/show/665846.Stop_Thinking_Start_Living_Discover_Lifelong_Happiness
8. Emmerson, G. (2012) Healthy Parts Happy Self, 3 Steps to Like Yourself.
http://www.resourcetherapyinternational.com/store/p2/Healthy_Parts_Happy_Self_-_By_Gordon_Emerson_PhD_%282012%29.html available here at a 20% discount follow instructions to download.
9. Headspace <https://www.headspace.org.au>
10. Healthy Place. <https://www.healthyplace.com/>
11. Neuman, G. (1999) Helping your kids cope with divorce the Sandcastles way. Random House: New York
<http://mgaryneuman.com/books/helping-kids-cope-with-divorce-the-sandcastles-way/>
12. Marriage Works <http://marriageworks.com.au/>
13. The Resource Therapy Institute of Australia (for mental health clinicians) <http://resourcetherapy.com.au/>
14. Psych Solutions NSW <https://psych-solutions-nsw.business.site/>
15. Rachel Naomi Remen <http://www.rachelremen.com/books/kitchen-table-wisdom/>
16. Rachel Naomi Remen's books <https://onbeing.org/programs/rachel-naomi-remen-listeninggenerously/>
17. Sane <https://www.sane.org/>
18. Michael Sealey's Depression Relief Hypnosis & Meditation for 10 Days
<http://www.youtube.com/playlist?list=PLO9OtUmChpP9B0ENTvcz3YErX1rLs3kxN>
19. Get therapy <https://www.resourcetherapyinternational.com/australasia.html>
20. EMDR <http://www.emdr.com/what-is-emdr/>
21. Radical Exposure tapping <http://www.radicalexposure.com/>
22. Andrew Solomon - <https://youtu.be/-eBUcBfkVCo>
23. Psychologist Susan Heitler - <https://youtu.be/re6AX3Mi4s>
24. Yoga laughter <http://laughteryoga-australia.org/>

Distressed sale of home

Early access to superannuation - <https://www.humanservices.gov.au/individuals/services/centrelink/early-release-superannuation/who-can-access-their-super-early>