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Men's Mental Health Useful Resources

www.counsellinghongkong.com

Helpful Links

- HK-based concise and emergency contacts
<https://www.chp.gov.hk/en/static/80082.html>
- HK-based information data-base
<https://www.mind.org.hk>
- Explanations in plain English
<https://mensline.org.au>
- Information data-base
<https://www.mentalhealth.org.uk>
- Stress-management e-resources
<https://bromatters.ca/e-resource/>
- Community, getting active and involved
<https://uk.movember.com/mens-health/mental-health>

Podcasts

- <https://liv-magazine.com/talking-mental-a-podcast-that-smashes-the-stigma-around-mental-health/>
- <https://www.mentalhealth.org.uk/podcasts/four-men-talk-about-mental-health>

Books

- The mindful way through depression. Mark Williams (2007 & 2020)
- Anxiety Free. Robert Leahy (2009)
- Rewire your anxious brain. Catherine Pittmann, Elizabeth Karle (2015)
- Don't sweat the small stuff. Richard Carlson (1997)
- Lost Connections. Johann Hari (2018)
 - Finding: Depression is not the result of a chemical imbalance
 - <https://fourminutebooks.com/lost-connections-summary/>