

Nutrition and Mental Health

Mental Health Resources



Mindarma is an evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential psychological skills. Contact info@mindarma.com or scan the QR code to arrange a complimentary trial.

Please reference the code **Nutrition** in your enquiry message.



Nutrition and Mental Health

This 50 minute webinar features panellists:

Dr Scott Teasdale

Accredited Dietitian, Senior Research Fellow, UNSW and Mindgardens Neuroscience Network Australia

Amanda Smyth

Accredited Practising Dietitian, Co-Founder & CEO of Mood Food – Nutrition for Mental Health, and Dietitian for Queensland Police Service

Dr Sadhbh Joyce

Senior Psychologist, Co-Founder of Mindarma, Meditation Teacher, External Fellow, Black Dog Institute/UNSW

Moderated by **Tasman Cassim** from the Black Dog Institute, the panel explore the relationship between nutrition and mental health and offer tips and insights on healthy eating that supports long-term physical and emotional wellbeing. A recording of this webinar can be found [here](#).

Research and information on nutrition and mental health

Wang P, Song M, Eliassen AH, et al. (2023)

Optimal dietary patterns for prevention of chronic disease. Nat Med. Read [abstract](#)

Marx W, Manger SH, Blencowe M, et al. (2022)

Clinical guidelines for the use of lifestyle-based mental health care in major depressive disorder: World Federation of Societies for Biological Psychiatry (WFSBP) and Australasian Society of Lifestyle Medicine (ASLM) taskforce. The World Journal of Biological Psychiatry. Read [abstract](#)

Chakrabarti A, Geurts L, Hoyles L, et al. (2022)

The microbiota–gut–brain axis: pathways to better brain health. Perspectives on what we know, what we need to investigate and how to put knowledge into practice. Cellular and Molecular Life Sciences, 79 (80). Read [paper](#)

Casertano M, Fogliano V, & Ercolini D. (2022) **Psychobiotics, gut microbiota and fermented foods can help preserving mental health.**

Food Research International, Vol 152, 110892. Read [abstract](#)

Berding K, Vlckova K, Marx W, Schellekens H, Stanton C, Clarke G, Jacka F, Dinan TG, Cryan JF. (2021) **Diet and the Microbiota-Gut-Brain Axis: Sowing the Seeds of Good Mental Health.** *Advances in Nutrition*, 30;12(4):1239-1285. Read [paper](#)

Mörkl S, et al. (2021) **An Apple a Day?: Psychiatrists, Psychologists and Psychotherapists Report Poor Literacy for Nutritional Medicine: International Survey Spanning 52 Countries.** *Nutrients* 2021, 13(3), 822. Read [paper](#)

Muscaritoli, M. (2021) **The Impact of Nutrients on Mental Health and Well-Being: Insights From the Literature.** *Frontiers in Nutrition*, 8: 656290. Read [paper](#)

Mörkl S, et al. (2020) **The Role of Nutrition and the Gut-Brain Axis in Psychiatry: A Review of the Literature.** *Neuropsychobiology*, 79: 80-88. Read [paper](#)

Firth J, Marx W, Dash S, Carney R, Teasdale SB, Solmi M, Stubbs B, Schuch FB, Carvalho AF, Jacka F, Sarris J. (2019) **The Effects of Dietary Improvement on Symptoms of Depression and Anxiety: A Meta-Analysis of Randomized Controlled Trials.** *Psychosomatic Medicine*. 2019 Apr, 81(3):265-280. Read [paper](#)

Malan-Muller S, Valles-Colomer M, Raes J, Lowry CA, Seedat S, & Hemmings SMJ. (2018) **The Gut Microbiome and Mental Health: Implications for Anxiety- and Trauma-Related Disorders.** *OMICS: A Journal of Integrative Biology*. 90-107. Read [paper](#)

Food and Mood Centre, Deakin University, Australia. This world-leading, multi-disciplinary research centre aims to understand the complex ways in which what we eat influences our brain, mood, and mental health. The centre comprises a team of world-class researchers studying the food-mood relationship at various levels, from microbiology to public health. Discover helpful resources via the centre's [website](#).

Introduction to Nutritional Psychiatry: Nutri-Psyche
Grow your understanding of the links between diet and mental health. Explore strategies to use nutrition in treatment plans. Find out [more](#)

Mood Food – Nutrition for Mental Health.
An online evidence based dietary intervention program for both the prevention and treatment of depression. Visit [website](#)

Short videos on the Gut-Brain Axis

The Gut-Brain Connection, Duke University (2 min). Watch [here](#)

The Gut-Brain Link with Dr. Alex Alamri, Brainbook Charity (10 min). Watch [here](#)

Harvard Medical School articles

Gut feelings: How food affects your mood.
Read [article](#)

Nutritional psychiatry: Your brain on food.
Read [article](#)

Food and Mood: Is there a connection?
Read [article](#)

Articles

How stress prevents you from absorbing the nutrients you eat (2022)
Read [article](#)

The gut-brain axis: how it works and the role of nutrition (2022)
Read [article](#)

Mental health and the gut-brain axis (2021)
Read [article](#)

Australian support services

Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a psychologist or psychiatrist. In Australia a Medicare rebate is provided for up to 20 sessions with a psychologist each year.

Butterfly Foundation

Phone: 1800 33 4673
www.butterfly.org.au

Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them.

Employee Assistance Program

Many organisations offer programs that allow employees to access free psychological assistance. Enquire with your employer to find out whether your organisation offers an Employee Assistance Program.

Lifeline

Phone: 13 11 14
www.lifeline.org.au

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

Beyond Blue

Phone: 1300 22 4636

www.beyondblue.org.au

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

SANE Australia

Phone: 1800 18 7263

www.sane.org

The SANE help centre provides the information, guidance and referrals you need to manage mental health concerns.

Suicide Call Back Service

Phone: 1300 659 467

www.suicidecallbackservice.org.au

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

Black Dog Institute

www.blackdoginstitute.org.au

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

Online clinic

This resource is free and anonymous. It provides a personalised health assessment based on your responses. Information can be found [here](#).



HeadGear

A free app that guides you through a 30-day mental fitness challenge, including mindfulness tasks and exercises. Download HeadGear through the [App Store](#) or [Google Play](#).



Self-care plan

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Create a self-care plan [here](#).



Black Dog Institute's Social and Emotional Wellbeing Resources for Aboriginal and Torres Strait Islander Peoples

This page includes a range of social and emotional wellbeing resources for First Nations people. Information can be found [here](#).



myCompass

The free, online myCompass program (for anxiety and depression) can be found [here](#).



TEN – The Essential Network for Health Professionals

Helping healthcare workers find resources and support to manage burnout and maintain good mental health. Designed by health professionals for health professionals, TEN makes accessing support quick, easy and confidential. Click [here](#) to find out more.



**Black Dog
Institute**

WayAhead Mental Health Association NSW

<https://wayahead.org.au/>

WayAhead's mental health information line 1300 794 991 is available from 9am to 5pm, Monday to Friday. The info line provides support and connects you with helpful services.

Directory

WayAhead's directory is available [online](#) and provides a comprehensive and up-to-date database of mental health, wellbeing and community services.



Support groups

WayAhead have a number of proactive support groups for anxiety. You can learn more about these [here](#).



Post-lockdown guide

This resource developed by WayAhead and Transitioning Well aims to support you during the transitional period of returning to the workplace post-lockdown. Download the guide [here](#).



Stress less tips

WayAhead's Stress Less Tips for the Workplace can be found [here](#).



Think Piece library

WayAhead's Think Piece library contains blog-style articles that explore various experiences in workplace health and wellbeing. This [article](#) by Dr Sadhbh Joyce discusses the importance of self-compassion when recovering from burnout.



What is Mindarma?

This 1 minute video provides a short yet informative overview of the Mindarma program.

Introducing Mindarma

