

# Victoria University Counselling Services: Youtube videos

*This list is current as of 10 Dec 2012 and is provided for an informational purpose. The use of these options is solely an individual's responsibility after consideration of their own personal circumstances and in consultation with a mental health professional. Victoria University does not take any responsibility for any content, consequences nor actions taken as a result of the use of these externally provided resources.*

## **Something's not Right > Anxiety**

BBC Documentary on Anxiety & British Navy Seals: Part 1 - Why our frontal lobe doesn't listen to us [7:50mins] & Part 2 CBT techniques on how to control your arousal levels [8:34mins].

## **Something's not Right > Depression**

WTF & the D Word videos [Part 1 & Part 2] by VU Counsellor

What is depression – brain difference [2:24mins] by Health Guru

Coping with Depression Part 1 [21:29mins] by Open University

Treating depression – value of antidepressants [2:30mins] by Health Guru

Stephen Fry on Bipolar disorder – a mood disorder is like the weather [10:22mins] by Bigthink