



PTCWA 2019 - Resources from Steve Morrison

An article I wrote about Self-Care: <https://www.servite.wa.edu.au/counsellorscorner-2-2/>

A great TED talk about stress: https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

A podcast I did about Suicide Prevention: https://www.podomatic.com/podcasts/equatortherapies/episodes/2019-10-27T00_32_41-07_00