

## Online Resources: Introductory Materials on Mental Illness

### Helpful Websites for Educators

#### **Mental Health in High School**

*From: The Canadian Mental Health Association*

“This site is designed to provide high school personnel – teachers, guidance counsellors and others who have direct contact with young people – with practical information and tools to: become more aware of the impact of mental health problems and mental illness on students’ learning; provide supports that can lessen that impact and allow students to become successful learners. The information on this site pertains to all students struggling with mental health problems, whether or not they have been given an actual diagnosis”

**[www.cmha.ca/highschool/teachersH.htm](http://www.cmha.ca/highschool/teachersH.htm)**

#### **Understanding Mental Illness - after the Virginia Tech Tragedy**

*From: SAMHSA*

“The tragic shootings on the campus of Virginia Polytechnic Institute and State University have raised many questions regarding mental illness. SAMHSA offers the following materials so that we all can become better informed about this important topic” (from the website).

**[www.samhsa.gov/MentalHealth/understanding\\_MentallIllness.aspx](http://www.samhsa.gov/MentalHealth/understanding_MentallIllness.aspx)**

#### **Information for Educators**

*From: The New York State Office of Mental Health*

“Young people spend most of their time during the day in school. It is critical that educators have access to information on healthy social and emotional development and emotional wellbeing as well as tools to help children with emotional disturbance and their families” (from the website).

**[www.omh.state.ny.us/omhweb/educators/](http://www.omh.state.ny.us/omhweb/educators/)**

#### **Children and Young People and Mental Health: Factsheet**

*From: Mind (UK)*

“This factsheet explores some of the key issues relating to the mental health and emotional wellbeing of children and young people. It has been written for the wide variety of adults, often non-specialists, who work with young people such as those in schools, health settings, youth work, care and social work settings.”

**[www.mind.org.uk/Information/Factsheets/Children/Children+and+Young+People+and+Mental+Health.htm](http://www.mind.org.uk/Information/Factsheets/Children/Children+and+Young+People+and+Mental+Health.htm)**

#### **Teen Mental Health**

*From: Dalhousie University, SunLife Financial, and IWK Health Centre*

Links to publications, slideshow presentations, and facts for families (i.e. “Early Adolescent Development”, “Late Adolescent Development”, “Helping Teens with Stress” ...etc).

**<http://tmh.thinkfresh.ca/family.php>**

## **Understand More**

*From: Here to Help – BC Partners*

A series of printable fact sheets are available under each of the following categories: Handling Stress, Depression and Anxiety, Body Image, Alcohol and Other Drugs, Schizophrenia and Psychosis, Confusing Behaviours, Living and Managing.

**[www.heretohelp.bc.ca/understand](http://www.heretohelp.bc.ca/understand)**

This website also includes great personal stories from teens and adults experiencing various mental illnesses (**[www.heretohelp.bc.ca/stories](http://www.heretohelp.bc.ca/stories)**).

## **Understanding Mental Illness**

*From: The Canadian Mental Health Association*

“In this section, you will learn about mental illnesses – which can also be called psychiatric disorders – and their treatment. You will also find helpful resources that provide more information to further your understanding of mental illness” (from the website).

**[www.cmha.ca/bins/content\\_page.asp?cid=3&lang=1](http://www.cmha.ca/bins/content_page.asp?cid=3&lang=1)**

## **About Mental Health and Addictions**

*From: The Centre for Addiction and Mental Health*

“This section will provide you with concise information about addictions and mental health issues. Whether you are an individual looking for a fact sheet on bipolar disorder, a parent concerned about drug use, or a service provider hoping to find resources in another language, you should find what you are looking for”

**[www.camh.net/About\\_Addiction\\_Mental\\_Health/index.html](http://www.camh.net/About_Addiction_Mental_Health/index.html)**

## **Mental Health**

*From: The Canadian Medical Association*

A list of fact sheets on common mental disorders containing information on the facts, causes, symptoms and complications...etc.

**[www.cma.ca/public/DiseaseLibrary/mental.asp?lc=2](http://www.cma.ca/public/DiseaseLibrary/mental.asp?lc=2)**

## **Mental Health and Behavior**

*From: MedlinePlus*

A series of pages on a large range of mental health and behaviour topics, each topic containing information on basics, research, diagnosis/symptoms, treatment, prevention/screening...etc.

**[www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html](http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html)**

## **Mental Health**

*From: The Public Health Agency of Canada*

“This site is designed to provide convenient access to a range of online materials related to the promotion of mental health, the planning, delivery, cost and evaluation of mental health programs and services in Canada, and the mental health issues, problems and disorders encountered by Canadians”

**[www.phac-aspc.gc.ca/mh-sm/index-eng.php?rd=mental\\_eng](http://www.phac-aspc.gc.ca/mh-sm/index-eng.php?rd=mental_eng)**

## Websites for Youth About Mental Health and Substance Use

### **Youth in BC ([www.youthinbc.com](http://www.youthinbc.com))**

A web-based hotline for youth provides youth in distress an opportunity to receive one-on-one online emotional support from trained youth.

### **Mind your Mind ([www.mindyourmind.ca](http://www.mindyourmind.ca))**

An award winning site for youth by youth. Youth can get information, resources and the tools to help them manage stress, crisis and mental health.

### **Youth Chat Line ([www.Youthspace.ca](http://www.Youthspace.ca))**

A youth chat online support service provided through NEED Crisis and Information Line based in Victoria. Anonymous and confidential support through a discussion forum, email counselling, and live chat counselling service.

### **Yoo Magazine ([www.yoomagazine.net](http://www.yoomagazine.net))**

An interactive, health magazine for youth online. It is designed to foster health literacy and good health decision making. Each month it focuses on a key health issue through a series of novel and interactive materials including interactive and pop-up quizzes, info-sheets and how-to-sheets, as well as selected Q&As

### **Soul2Soul ([www.soul2soul.ca](http://www.soul2soul.ca))**

An interactive youth website which provides a place to talk freely about loss and to explore grief. Share feelings, connect with other young people and find information on the grieving process and supporting a grieving friend. Also includes a section specifically for parents and educators.

### **Reach out Psychosis**

([www.reachoutpsychosis.com/resources/stories/index.html](http://www.reachoutpsychosis.com/resources/stories/index.html)) A site about Psychosis with resource listing for youth and families and personal stories.

### **Psychosis Sucks ([www.psychosissucks.ca/epi](http://www.psychosissucks.ca/epi))**

### **Teen Mental Health ([www.teenmentalhealth.org](http://www.teenmentalhealth.org))**

Dedicated to help improve the mental health of youth

### **Teens for Teens: Help Stop Teenage Depression ([www.teensforteens.net](http://www.teensforteens.net))**

### **Young Minds ([www.youngminds.org.uk](http://www.youngminds.org.uk))**

A UK Web site - links & resources for Youth Mental Health.

### **Youth Net / Reseau Ado Ottawa ([www.youthnet.on.ca](http://www.youthnet.on.ca))**

A bilingual, regional, mental health promotion and intervention program run by youth, for youth. Reaches out and helps youth develop and maintain good mental health, as well as healthy coping strategies for dealing with stress.

**Grip ([www.griponlife.ca](http://www.griponlife.ca))**

An online magazine Grip – for youth, written by youth, ages 13-18 and the site is launched by the Alberta Mental Health Board.

**KidsHealth ([kidshealth.org/index.html](http://kidshealth.org/index.html))**

The largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence.

**Guide on Depression**

([kidshealth.org/teen/your\\_mind/mental\\_health/depression.html](http://kidshealth.org/teen/your_mind/mental_health/depression.html))

**5 ways to fight depression**

([kidshealth.org/teen/your\\_mind/feeling\\_sad/depression\\_tips.html](http://kidshealth.org/teen/your_mind/feeling_sad/depression_tips.html))

**Bullying Online ([www.bullying.co.uk](http://www.bullying.co.uk))**

Provides facts, statistics, advice and support regarding bullying in the school system. There is information specific to students, teachers and parents.

**Pressure Point Cyber Youth Clinic ([www.dryes.com.au](http://www.dryes.com.au))**

A youth health site with information on healthcare, sexual health, mental health, drugs & alcohol, and lifestyle. Very clear and concise language is used.

**Children's Hospital Boston**

Centre for young women and young men's health  
([www.youngwomenshealth.org/depression.html](http://www.youngwomenshealth.org/depression.html))

**Deal.org ([deal.org](http://deal.org))**

A youth for youth initiative which hopes to encourage youth throughout Canada to make healthy, informed decisions and to get involved in their communities.

**Knowledge Network ([www.knowledgenetwork.ca/takingcare](http://www.knowledgenetwork.ca/takingcare))**

An interactive site focusing on child youth mental health issues related to anxiety, behaviour, depression and psychosis.

"Youth friendly" Websites on substance use

**AADAC Youth Home ([www.aadac.com/21.asp](http://www.aadac.com/21.asp))**

**NIDA for Teens ([teens.drugabuse.gov](http://teens.drugabuse.gov))**

**Above the influence ([www.abovetheinfluence.com](http://www.abovetheinfluence.com))**

**Heretohelp ([www.heretohelp.bc.ca](http://www.heretohelp.bc.ca))**

BC Run Mental health and Addiction site, Lots of personal stories

**Virtual Party ([www.virtual-party.org/en/vpmain5615.html](http://www.virtual-party.org/en/vpmain5615.html))**