

Mental Health Resources

Compiled by Deborah Walchuk

General Mental Health Websites

Alberta Education – Diverse Learning Needs <https://www.alberta.ca/diverse-learning-needs.aspx>

American Academy of Child and Adolescent Psychiatry <https://www.aacap.org/>

American Psychiatric Association <https://www.psychiatry.org/>
DSM-5 <https://www.psychiatry.org/psychiatrists/practice/dsm>

Canadian Collaborative Mental Health Care – Child & Youth Mental Health Toolkits <http://www.shared-care.ca/toolkits>

Canadian Mental Health Association <https://cmha.ca/>
Alberta Division <https://alberta.cmha.ca/>

Child Mental Health <https://childmentalhealth.ca/>

Children’s Mental Health Ontario <https://www.cmho.org/>

eMental Health <https://www.ementalhealth.ca/>

Information Prescriptions <http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/>

Kelty Mental Health Resource Centre <https://keltymentalhealth.ca/>

National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>

Teen Mental Health <http://teenmentalhealth.org/>

Topic Specific Websites

Abuse

Alberta Government <https://www.alberta.ca/abuse-bullying.aspx>

Calgary and Area Child Advocacy Centre <https://calgarycac.ca/>

Canadian Child Abuse Association <http://www.ccaa.org/>

Adverse Childhood Experiences (ACEs)

ACEs Too High <https://acestoohigh.com/>

Alberta Family Wellness Initiative <https://www.albertafamilywellness.org/>

Centre on the Developing Child <https://developingchild.harvard.edu/>

Anxiety

Anxiety Canada <https://anxietycanada.com/>

Test Anxiety <https://www.heretohelp.bc.ca/workbook/test-anxiety>

Anxiety and Depression Association of America <https://adaa.org/>

Attention Deficit/Hyperactivity Disorder (ADHD)

ADHD Families <https://www.adhdfamilies.ca/>

ADDitude Magazine <https://www.additudemag.com/>

Canadian ADHD Resource Alliance (CADDRA) <https://www.caddra.ca/>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) <https://chadd.org/>

Aggression/Disruptive Behaviour

Lives in the Balance – Collaborative and Proactive Solutions <https://www.livesinthebalance.org/>

Positive Behaviour Supports for Children <http://pbsc.info/>

Treatment of Maladaptive Aggression in Youth (T-MAY) <http://www.thereachinstitute.org/images/pdfs/T-MAY-final.pdf>

Autism Spectrum Disorder ASD

Autism Canada <http://www.autismcanada.org/>

Autism Speaks <https://www.autismspeaks.org/>

Sinneave Family Foundation <https://sinneavefoundation.org/>

Bullying

Alberta Government <https://www.alberta.ca/bullying-get-help.aspx>
<https://www.alberta.ca/bullying-prevention.aspx>

The Bully Project http://www.thebullyproject.com/tools_and_resources

Respect Group - Respect in Sport, School, Workplace <https://www.respectgroupinc.com/>

Depression/Mood Disorders

Anxiety and Depression Association of America <https://adaa.org/>

Dealing with Depression <https://dwdonline.ca/about-dwd>
<https://dwdonline.ca/> [Writable workbook](#)

Guidelines for Adolescent Depression in Primary Care (GLAD-PC) Toolkit <http://glad-pc.org/>

Mood Disorders Association of Canada <https://mdsc.ca/>

Eating disorders

Academy for Eating Disorders <https://www.aedweb.org/home>

Eating Disorder Support Network of Alberta <https://edsna.ca/>

Families Empowered and Supporting Treatment for Eating Disorders (F.E.A.S.T.) <https://www.feast-ed.org/>

National Eating Disorders Association <http://nationaleatingdisorders.org/>

National Eating Disorder Information Centre www.nedic.ca

Fetal Alcohol Spectrum Disorder (FASD)

Alberta FASD <http://fasd.alberta.ca/index.aspx>

Canadian FASD Research Network <https://canfasd.ca/>

Fetal Alcohol Syndrome Support Network <http://www.fassn.org/>

Fetal Alcohol Syndrome: Support, Training, Advocacy and Resources <http://www.fasstar.com/>

Know FASD <http://www.knowfasd.ca/>

Grief and Loss

Hospice Calgary <https://www.hospicecalgary.ca/>

Kids Grief <https://kidsgrief.ca/>

Learning Disabilities

Alberta Education – Diverse Learning Needs <https://www.alberta.ca/diverse-learning-needs.aspx>

Learning Disabilities Association of Alberta <https://ldalberta.ca/>

Learning Disabilities Association of Canada <https://www.ldac-acta.ca/>

Understood <https://www.understood.org/en>

Non-Suicidal Self Injury (NSSI)

Non-Suicidal Self Injury in Youth <http://insync-group.ca/>

Self Injury Outreach and Support <http://sioutreach.org/>

Self Injury and Recovery Resources <http://www.selfinjury.bctr.cornell.edu/index.html>

Obsessive Compulsive Disorders

Anxiety Canada <https://www.anxietycanada.com/anxiety-disorder/obsessive-compulsive-disorder/>

CAMH <https://www.camh.ca/-/media/files/guides-and-publications/ocd-guide-en.pdf>

Trichotillomania <https://www.trich.org/>

Trichotillomania Learning Centre Foundation for Body-Focused Repetitive Behaviours <https://www.bfrb.org/>

Parenting

Healthy Parents Healthy Children <https://www.healthyparentshealthychildren.ca/>

Parent link centres (Alberta) <https://www.alberta.ca/parent-link-centres.aspx>

Positive Parenting Program Triple P <https://www.triplep-parenting.ca/alb-en/triple-p/>

- [Stepping Stones Triple P – For Parents with a child with a disability](#)

Strongest Families <http://strongestfamilies.com>

Resilience

BreathingRoom <https://breathingroom.me/>

Resilience Research Centre <http://resilienceresearch.org/>

Screening Tools/Assessment

American Psychiatric Association - DSM-5 online assessment measures

<https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/assessment-measures>

Child Mental Health – Free online completion of rating scales <https://childmentalhealth.ca/rating-scales/>

Child and Youth Resilience Measure <http://cyrm.resilienceresearch.org/>

Project Teach <https://projectteachny.org/rating-scales/>

Selective Mutism

Anxiety Canada <https://www.anxietycanada.com/disorders/selective-mutism/>

Sensory processing

Sensory Processing Disorder Foundation <http://www.spdfoundation.net/>

STAR Institute for Sensory Processing Disorder <https://www.spdstar.org/>

Somatic Symptom Disorders

http://keltymentalhealth.ca/sites/default/files/kelty-somatization-brochure_final.pdf

Substance Use/Addictions

Alberta Health Services – Parent Information Series <https://www.albertahealthservices.ca/amh/Page2434.aspx>

Canadian Centre on Substance use and addiction <https://www.ccsa.ca/>

Substance Abuse and Mental Health Services Association (SAMHSA) <https://www.samhsa.gov/>

Suicide

American Association of Suicidology <https://www.suicidology.org/>

Centre for Suicide Prevention <http://www.suicideinfo.ca/>

Canadian Association for Suicide Prevention <https://www.suicideprevention.ca/>

Technology/Gaming/Screens

Common Sense Media <https://www.common Sense Media.org/>

Media Smarts <http://mediasmarts.ca/>

Tics/Tourette's Syndrome

Tourette Canada <https://tourette.ca/>

Trauma

Child Trauma Academy <http://www.childtrauma.org/>

National Child Traumatic Stress Network (NCTSN) <https://www.nctsn.org/>