

Mental Health Resources

ANXIETY DISORDERS

- ☐ Keys To Parenting Your Anxious Child by Katharine Manassis
- ☐ What To Do When You Worry Too Much Workbook by Dawn Huebner
- ☐ Think Confident, Be Confident by Fox and Sokol (CBT Workbook)
- ☐ The Shyness and Social Anxiety Workbook for Teens by Jennifer Shannon
- ☐ Anxiety Canada: anxietycanada.com

ADHD

- ☐ CADDRA: www.caddra.ca
- ☐ CADDAC: www.caddac.ca
- ☐ LDAO: ldao.ca
- ☐ Rolling with ADHD: www.healthymindslearning.ca
- ☐ Attitude Magazine: www.additudemag.com
- ☐ ADHD Voices: www.adhdvoices.com

BEHAVIOR MANAGEMENT

- ☐ How To Talk to Little Kids Will Listen & Listen So Little Kids Will Talk by Joanna Faber and Julie King
- ☐ 1-2-3 Magic by Thomas W. Phelan
- ☐ The Explosive Child by Ross W. Greene
- ☐ Raising Your Spirited Child: A guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent and Energetic by Mary Sheedy Kurcinka
- ☐ The Whole Brain Child by Dr. Daniel J. Siegel and Tina Payne Bryson

CRISIS LINES/SAFETY

- ☐ ROCK crisis line: 905-878-9785
- ☐ COAST: 1-877-825-9011
- ☐ Kids Help Phone: 1-800-668-6868
- ☐ Good2Talk: 1-866-925-5454

- ☐ Self-Injury Outreach & Support: sioutreach.org
- ☐ Calm Harm App
- ☐ HOPE by CAMH

DEPRESSIVE DISORDERS

- ☐ Youth Early Intervention Program (Ages 16-24)-JBH Referral
- ☐ Keltly Mental Health: keltymentalhealth.ca
- ☐ Switch Rx: switchrx.com (Psychotropic Tapering)
- ☐ AbilitiCBT: myicbt.com
- ☐ Cundill Centre: <https://cundilldepressioncaretool.camh.ca/>

GENERAL

- ☐ Decode Insomnia: www.decodeinsomnia.com (Sleep Hygiene Resources)
- ☐ Brain Storm: The Power and Purpose of the Teenage Brain by Dr. Daniel J. Siegel
- ☐ Calm App/Headspace (Meditation, Mindfulness)

PARENT RESOURCES

- ☐ Connected Parenting by Jennifer Kolari
- ☐ PLEO.on.ca: Peer support for parents of youth with mental health and substance use
- ☐ HOPE groups (peer support) <https://www.hope4parents.ca/>
- ☐ MDAO parent groups: mooddisorders.ca

SUBSTANCE ABUSE

- ☐ The Low Risk of Cannabis Use Guidelines: (Health Canada)
- ☐ www.mentalhealthliteracy.org/cannabis/
- ☐ Families for Addiction Recovery: farcanada.org
- ☐ ADAPT: haltonadapt.org
- ☐ CAMH: Cannabis: What Parents Need to Know: PDF Online