

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: kelymentalhealth.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