

## Child & Youth Mental Health Toolkits Electronic/Online Resources – Websites

Topic	URL	Website Content	Suitable For
<b>ADHD</b>	<a href="http://www.chadd.org/">http://www.chadd.org/</a>	CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is a U.S.-based non-profit organization that provides education, advocacy and support for individuals with ADHD and their families. The website has information about detection and treatment of ADHD as well as resources and tips.	Parents & professionals
<b>Anxiety</b>	<a href="http://www.caringforkids.cps.ca/handouts/taming_the_monsters">http://www.caringforkids.cps.ca/handouts/taming_the_monsters</a>	Caring for Kids is a website designed to provide parents with information about their children's health and well-being. The site was developed by the Canadian Paediatric Society and includes topics such as teen health, child safety and behaviour and parenting. This particular link provides information about common worries at different ages and stages of child development and suggestions as to how parents can help their children deal with fears.	Young children & their parents
<b>Anxiety</b>	<a href="http://anxietybc.com">http://anxietybc.com</a>	Information and resources from the Anxiety Disorders Association of British Columbia (a non-profit organization) about understanding, recognizing and managing different types of anxiety. CBT is discussed in detail, and self-help tools are provided. There are separate sections for different age groups/populations (youth and young adults, adults, parents, etc.).	Youth, young adults, adults, new mothers & parents
<b>CBT Self-Help</b>	<a href="https://moodgym.anu.edu.au/welcome">https://moodgym.anu.edu.au/welcome</a>	<p>MoodGYM is a free, fun, interactive program that was developed by e-hub Mental Health at the National Institute for Mental Health Research at the Australian National University to prevent depression in young people. It consists of five modules, an interactive game, anxiety and depression assessments, a workbook and other components that teach the principles of cognitive behaviour therapy (CBT) as well as relaxation and meditation techniques.</p> <p>The modules explore issues such as:</p> <ul style="list-style-type: none"> <li>• Why you feel the way you do</li> <li>• Changing the way you think</li> <li>• Changing 'warped' thoughts</li> <li>• Knowing what makes you upset</li> <li>• Assertiveness and interpersonal skills training</li> </ul> <p>Registration is required to use this site; registration is free.</p>	Teens & young adults

Topic	URL	Content	Suitable For
<b>CBT Self-Help</b>	<a href="http://www.lttf.com/">http://www.lttf.com/</a>	<p>Living Life to the Full is a U.K.-based website created by a professor of psychiatry at the University of Glasgow. The online guided CBT sessions, along with the corresponding work sheets, provide knowledge and practical skills for dealing with anxiety and depression. Language is accessible, however the accent on the audio is British, and some words may be slightly different than would be used in Canada. Sample sessions include:</p> <ul style="list-style-type: none"> <li>• Why do I feel so bad?</li> <li>• How to fix almost everything</li> <li>• 10 things that make you feel happier straight away</li> <li>• I'm not good enough</li> <li>• I can't be bothered doing anything</li> </ul> <p>Registration is not required for the sample sessions but is required for access to other content and resources; registration is free.</p>	Older teens & adults
<b>Cyberbullying</b>	<a href="http://needhelpnow.ca/app/en/">http://needhelpnow.ca/app/en/</a>	<p>Need Help Now was created by the Canadian Centre for Child Protection, a charitable organization. The website is designed to provide guidance, resources and practical steps youth can take if they experience online sexual exploitation, for example, a sexual picture/video of themselves (or someone they know) being shared by peers (sometimes known as "sexting"). The site is geared towards 13- to 17-year-old youth in Canada.</p>	Children, youth, adults & professionals
<b>Depression</b>	<a href="http://www.familyaware.org/index.php">http://www.familyaware.org/index.php</a>	<p>Families for Depression Awareness is a national (U.S.) non-profit organization whose aim is to help families recognize and cope with depression and bipolar disorder in order to get people well and prevent suicides. The website includes stories, interviews, videos, resources and fact sheets for teens/children and adults.</p>	Youth & their families
<b>Divorce</b>	<a href="http://www.familieschange.ca/index.htm">http://www.familieschange.ca/index.htm</a>	<p>Families Change is a B.C.-based website about separation and divorce developed by the Justice Education Society of B.C. There are separate guides for children, teens and parents. For children and teens, age-appropriate information is provided on topics such as changes to expect, emotions, ways of coping and the law. There is also an interactive game. The parents' guide includes topics such as dealing with change, feelings and emotions, telling the children and child support. The website also provides links to other resources about separation and divorce.</p>	Children, youth, parents & professionals
<b>Gambling</b>	<a href="http://www.problemgambling.ca/Pages/Home.aspx">http://www.problemgambling.ca/Pages/Home.aspx</a>	<p>Problem Gambling is an Ontario-based website created by the Centre for Addiction and Mental Health (CAMH). The website provides information, support and resources for patients of all ages and their families. The online self-help tools, e.g., tracking tools, quiz, community forum, are free and can be used anonymously, however registration is required. Information and tools for health professionals are also available on the site.</p>	Youth, young adults, adults and professionals

Topic	URL	Content	Suitable for
<b>General Child Health</b>	<a href="http://www.pbskids.org">www.pbskids.org</a>	PBS Kids is a trusted resource from U.S. public television. The site is filled with information on child development and early learning and offers educational games and activities for children, including some that are mental health-related, e.g., bullying, substance use. Some videos can only be viewed in the U.S. There are associated sites for parents and teachers.	Children and younger youth
<b>General Mental Health</b>	<a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a>	mindyourmind is a program of Family Service Thames Valley. The website aims to provide youth aged 14 to 24 with reliable and relevant resources and a forum to talk about a range of mental health-related issues, including anxiety, mood and eating disorders; psychosis; healthy relationships, etc. Many of the resources have been co-developed by youth and professionals. There are youth stories, blogs and interactive resources as well as <a href="http://www.mindyourmindpro.ca">www.mindyourmindpro.ca</a> for professionals.	Youth, young adults and professionals
<b>General Mental Health</b>	<a href="http://www.teenmentalhealth.org">www.teenmentalhealth.org</a>	This website has evidence-based resources (downloadable publications, videos, clinical tools, etc.) on a variety of mental health/mental illness issues (mental disorders, sleep, stigma, teen brain, etc.). There are separate sections for teens and families, educators and health professionals and a searchable resource library. The website is sponsored by IWK Health Centre, Dalhousie University, Sun Life Financial and others.	Teens, families, and professionals who work with youth
<b>General Mental Health</b>	<a href="http://mindcheck.ca">http://mindcheck.ca</a>	This B.C.-based website is designed to help youth and young adults check out how they're feeling and quickly connect to mental health resources and support. Topics include mood and anxiety, stress, alcohol and drugs, psychosis, and eating disorders. Support includes education, self-care tools and website links.	Youth, young adults, friends & family, professionals
<b>General Mental Health</b>	<a href="http://youthinbc.com">http://youthinbc.com</a>	YouthInBC.com is run by the Crisis Intervention & Suicide Prevention Centre of B.C., a volunteer-driven organization committed to helping people help themselves and others deal with crisis. During specific hours, a one-to-one chat service is available to youth across Canada. Educational information and links (some resources are specific to B.C.) are provided on topics such as abuse, bullying, eating disorders, drugs & alcohol, LGBTQ, self-harm, sexual health, stress and suicide.	Teens & young adults
<b>General Mental Health</b>	<a href="http://takingcare.knowledge.ca/splash.html">http://takingcare.knowledge.ca/splash.html</a>	This BC-based website provides detailed information, presented in the form of modules, about depression, anxiety, behavioural problems and psychosis in children and youth.	Youth, their parents, families & professionals
<b>Kids Help Phone</b>	<a href="http://www.kidshelpline.ca/Teens/home.aspx">http://www.kidshelpline.ca/Teens/home.aspx</a>	Kids Help Phone provides toll-free, 24/7, bilingual, anonymous, confidential phone and web counselling to those under 20 years old. The website has educational information on topics such as bullying, dating, emotional health, family, friendship, sexual orientation and more. There are separate sections for kids and teens.	Children & teens

Topic	URL	Content	Suitable for
<b>Learning Disabilities</b>	<a href="http://www.nclid.org/">http://www.nclid.org/</a>	The National Centre for Learning Disabilities aims to empower parents and young adults, transform schools and advocate for equal rights and opportunities for individuals with learning disabilities such as dyslexia, ADHD and autism spectrum disorders. This website includes research, advocacy information and links to several NCLD programs such as “Understood”, a comprehensive online resource for parents of children with learning disabilities ( <a href="https://www.understood.org/en">https://www.understood.org/en</a> ) and “Friends of Quinn”, a website for young adults with learning disabilities ( <a href="http://www.friendsofquinn.com/">http://www.friendsofquinn.com/</a> ).	Teens, young adults, parents, adults with a learning disability & professionals
<b>LGBTQ</b>	<a href="http://www.youthline.ca/index.php">http://www.youthline.ca/index.php</a>	Lesbian Gay Bi Trans Youth Line is a toll-free Ontario-wide peer-support phone line for individuals aged 26 and under who identify as being part of the LGBTQ (lesbian, gay, bisexual, transgender/transsexual, 2-spirited and queer/questioning) community. They offer support, information and referrals specific to individual concerns. The website provides contact information for the youth line, information about issues such as bullying and harassment, a referral database and links to other resources.	Youth & young adults
<b>Medication Guides</b>	<a href="http://www.parentsmedguide.org/">http://www.parentsmedguide.org/</a>	This website has links to detailed medication guides for ADHD (2013) and childhood and adolescent depression (2010) developed by the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry (AACAP) as well as a link to a detailed medication guide for treating bipolar disorder in children and adolescents (2010) developed by AACAP.	Parents & professionals
<b>Mindfulness</b>	<a href="http://www.calm.com/">http://www.calm.com/</a>	This website was developed by a San Francisco-based company. Visitors can choose the length of meditation session they would like: There are five options ranging from 2 to 20 minutes. Guided and unguided sessions are available, and visitors can select a nature scene to view using arrows at the bottom right of the screen. The meditations are designed to help quiet the mind.	All ages
<b>OCD</b>	<a href="http://www.ocduk.org/">http://www.ocduk.org/</a>	OCD-UK is a U.K.-based charity led by individuals with OCD (obsessive-compulsive disorder) for individuals with OCD. The website offers information and resources including brief CBT-based guides for parents ( <a href="http://www.ocduk.org/ocd-information-guide">http://www.ocduk.org/ocd-information-guide</a> ), young children ( <a href="http://www.ocduk.org/childrens-ocd-guide">http://www.ocduk.org/childrens-ocd-guide</a> ), and older children/teens ( <a href="http://www.ocduk.org/young-peoples-ocd-guide">http://www.ocduk.org/young-peoples-ocd-guide</a> ). Some of the information and resources are specific to the U.K.	Children, youth & their parents
<b>Psychosis</b>	<a href="http://www.earlypsychosis.ca/">http://www.earlypsychosis.ca/</a>	This B.C.-based website is part of the Early Psychosis Intervention Advanced Practice Project, a collaboration among B.C. health authorities, B.C. Ministry of Health, B.C. Ministry of Children and Family Development, and other service providers. The website promotes early detection, educates about psychosis and provides direction for seeking help. The site includes a downloadable “Dealing With Psychosis” toolkit/workbook for teens and young adults, a “Family Coping Booklet” and other resources.	Teens, their parents & professionals

Topic	URL	Content	Suitable for
<b>Psychosis</b>	<a href="http://www.psychosis101.ca/">http://www.psychosis101.ca/</a>	This Ontario-based website created by staff at the North Bay Regional Health Centre provides reliable information on causes, early warning signs and treatment options for psychosis. It includes videos, personal stories and resources for family and friends of individuals with psychosis.	Teens, their parents & professionals
<b>Relationship Abuse</b>	<a href="http://www.breakthecycle.org/">http://www.breakthecycle.org/</a>	Break the Cycle is a U.S.-based non-profit organization that provides dating abuse prevention programs to young people. The website provides information about topics such as signs of abuse, why dating violence matters and individuals' rights as well as tools for action. The information about legal protections is U.S.-specific.	Teens, young adults & parents
<b>Relationship Abuse</b>	<a href="http://www.loveisrespect.org/">http://www.loveisrespect.org/</a>	Loveisrespect is a project of Break the Cycle and the National Domestic Violence Hotline. Its mission is to prevent and end dating abuse. Information is provided about healthy and unhealthy relationships, and issues around control and power are discussed. Various forms of dating abuse are identified, and information is provided about where to find help. Relationship quizzes and videos about relationship situations are accessible on or through the site. The website also provides links to online peer support as well as other resources for youth and professionals.	Teens, young adults, parents and professionals
<b>Relationship Abuse</b>	<a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a>	This U.S.-based website aimed at individuals aged 13 and over is a project of Futures Without Violence, the U.S. Department of Justice's Office on Violence Against Women and the Ad Council. Interactive information is presented about issues such as sexting, pressure to post nude pictures, violating privacy and control in relationships. The site provides access to many YouTube clips and interactive games. Registration is required for access to some of the resources; registration is free.	Teens & young adults
<b>Self-Injury</b>	<a href="http://www.sioutreach.org">www.sioutreach.org</a>	The self-injury outreach & support website is a collaboration between University of Guelph and McGill University. The website provides information and resources about self-injury (e.g., coping strategies, recovery stories, recommended books and other websites, etc.) to those who self-injure, those who have recovered, and those who want to help, such as parents, families and romantic partners. There are also sections for medical, mental health and school professionals.	Teens, young adults, parents and professionals