Useful Online Resources

Mental Health & Disorders

- Anxiety Disorders Association of Canada
- BC Mental Health & Addiction Services
- BC Schizophrenia Society
- Canadian Network for Mood and Anxiety Treatments
- Centre for Addiction and Mental Health
- Centre for Addiction and Mental Health – BC Division
- Centers for Disease Control and Prevention – Fetal Alcohol Spectrum Disorders
- Centre for Applied Research in Mental Health – Self-Care Guides
- Crisis Intervention and Suicide Prevention Centre of BC
- Depression 1on1
- Health Canada Healthy Living – Mental Health
- Here to Help BC
- Kelty Mental Health Resource Centre
- Mental Health Commission of Canada
- Ministry of Health - Mental Health and Substance Use
- Mood Disorders Association of BC
- National Alliance on Mental Illness
- National Eating Disorders Association (US)
- National Eating Disorders Information Centre
- National Resource Centre on ADHD
- Pain BC
- World Health Organization – Mental Health

Kids & Youth

- Child and Youth Mental Health
- Crisis Centre – Youth in BC
- FORCE Society for Kids Mental Health
- Kids Help Phone website
- mindcheck.ca
- Ministry of Children & Family Development
- Psychosis Sucks! Fraser Health Early Psychosis Intervention Program

Seniors

- Alzheimer Society of Canada
- Alzheimer Society of BC
- Canadian Coalition for Seniors Mental Health
- Public Guardian and Trustee of BC
Substance Use and Addiction

- BC Mental Health & Addiction Services
- BC Partnership for Responsible Gambling
- Centre for Addiction and Mental Health
- Centre for Addiction and Mental Health – BC Division
- Ministry of Health - Mental Health and Substance Use
- Pain BC
- Centers for Disease Control and Prevention - ADHD
- Centre for Addictions Research of BC
- Here to Help BC