

## Useful Online Resources

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### 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](#)