

RESOURCES FOR PARENTS

Canadian Mental Health Association

- Nationwide access to the resources that help to maintain and improve mental health. Information on mental health is available at: <https://www.camh.ca/en/health-info>
- CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. Find a branch close to you at: <https://cmha.ca/find-your-cmha>

Centre for Addiction and Mental Health <https://www.camh.ca/en/health-info>

- A wealth of knowledge and practical information on dealing with questions and concerns about mental illness and addiction.

eMentalHealth.ca <https://www.ementalhealth.ca>

- Mental Health Help (directory of mental health services and organizations).
- Information about a variety of mental health conditions and topics.
- Screening Tools: Find out if a loved one has a mental health concern with a free, online screening tool.
- Events Calendar: Information about local mental health events.
- News Feed: Information about the latest mental health news.
- Research directory: Information about local research studies.

TeenMentalHealth.org <http://teenmentalhealth.org/care/parents/>

- Information, resources and tools for youth and their friends, parents, teachers and healthcare professionals – all created to help better address adolescent mental health problems.

