



CHILD & YOUTH MENTAL HEALTH RESOURCES

GATHERED BY ALISON LUX (AHS) AND GILLIAN HESTAD (MAKING CONNECTIONS)

BASED OFF OF RESOURCES DEVELOPED BY COLLABORATIVE MENTAL HEALTH CARE

AVAILABLE AT: [HTTP://WWW.SHARED-CARE.CA/TOOLKITS](http://www.shared-care.ca/toolkits)



Version 3. Updated April 21, 2015.



Table of Contents

1. Addictions and Mental Health Lesson Plans

2. Online/Print Mental Health Resources and Information

3. Websites

4. Interactive Games

5. Phone Apps

6. YouTube Videos

Child & Youth Mental Health Resources

Addictions and Mental Health Lesson Plans

Topics	Resource Title	Date	Content	Notes	Link	Target Population
Addictions and Substance Abuse Prevention	Addictions and Substance Abuse Prevention Lesson Plans (AHS)	?	School-based resources for youth can help you to plan and deliver high-quality lessons supporting the Alberta curriculum for grades 3 to 12 , while at the same time delivering effective prevention messages to your students.	All of the lesson plans are: <ul style="list-style-type: none"> o linked to Alberta Education Health and Life Skills learning outcomes o informative and concise o simple and easy to use 	http://www.albertahealthservices.ca/2677.asp	Teachers
Body Image Healthy Communication Hope Humour Peer Relationships Physical Activity Resiliency Stress	Elementary Mental Health Kit: Be Kind to Yourself and Others (AHS)	2012	The Mental Health Kit – Be Kind to Yourself and Others is a curriculum-based teaching resource for students in grades 4 to 6 . The purpose of the kit is to teach students about mental wellness. This kit was created to provide educators with ready to go lesson plans and supporting materials to teach children about mental wellness. Each lesson includes take home activities to support the learning at home as well as assessment strategies for the teacher.	<ul style="list-style-type: none"> • This kit has an easy to use quiz to identify class issues and simple, fun lessons that promote mental wellness 	http://www.albertahealthservices.ca/7599.asp	Elementary School: Teachers Counsellors
Body Image Healthy Eating/Active Living Building Healthy Relationships Hope Stress Preventing Substance Abuse Cyber Bullying	Junior High Mental Health Kit: Be Kind to Yourself and Others (AHS)	2012	The Junior High (JHS) Mental Health Kit – Be Kind to Yourself and Others (May 2012) is a curriculum-based teaching resource for students in grades 7 to 9 . The purpose of the kit is to teach students about mental wellness. This kit was created to provide educators with ready to go lesson plans and supporting materials to teach children about mental wellness. Each lesson includes take home activities to support the learning at home as well as assessment strategies for the teacher.	<ul style="list-style-type: none"> • This kit has an easy to use quiz to identify class issues and simple, fun lessons that promote mental wellness • Includes prevention/early intervention components • Includes “Substance Use Jeopardy Game” 	http://www.albertahealthservices.ca/6872.asp	Middle School: Teachers Counsellors
Sexual Health	Teaching Sexual Health (Alberta Government)	2014 <i>Content is reviewed annually</i>	This innovative website was developed by Alberta educators and health professionals. Parents are provided with resources, information and links that supplement their understanding and knowledge of healthy sexuality. Teachers are provided with lesson plans and resources to deliver Sexual Health related curriculum.	<ul style="list-style-type: none"> • Sexual health lesson plans by grade (4-12) and strategies for lesson preparation • Alberta curriculum • Includes sexual health resources and community links in the South Zone 	http://www.teachingsexualhealth.ca/	Teachers Parents

Topics	Resource Title	Date	Content	Notes	Link	Target Population
Stress Anxiety Social/Emotional Development	Kids Have Stress Too	2008	Stress reduction lesson plans for preschool & kindergarten and Grades 1-3 .	<ul style="list-style-type: none"> • Program downloadable and free. • Includes handouts and worksheets. 	http://www.psychologyfoundation.org/index.php/programs/kids-have-stress-too/school-age	Teachers Parents
Stress Anxiety Social/Emotional Development	Stress Lessons Toolkit	?	Stress reduction lesson plans for Grades 4-6 .	<ul style="list-style-type: none"> • Program downloadable and free. Includes handouts, worksheets, videos and audio tracks. 	http://www.psychologyfoundation.org/index.php/programs/stress-lessons/educators/	Teachers Parents
Stress Anxiety Social/Emotional Development	Stress Lessons from Stressed Out to Chilled Out -	2013	The aim of this resource is to help educators create teachable moments to introduce stress management strategies and skills and build emotional resiliency in their students and themselves. This resource is intended for adults who work with youth who are in grades 7 to 9 , in classrooms and other educational and recreational settings. There are accompanying resources for students, as well as family members and other caregivers.	<ul style="list-style-type: none"> • Program downloadable and free. 	http://www.psychologyfoundation.org/index.php/programs/kids-have-stress-too/download-resources/khst-grades-7-9-program-manual/	Teachers
Tobacco Use Prevention	Tobacco reduction resources for school aged youth (AHS)	?	These packages provide reliable age appropriate reference and links to recognized, evidence-based resources for tobacco related information.	Resources provided for tobacco reduction at different grade levels.	http://www.albertahealthservices.ca/1711.asp	Teachers Students Youth Workers Parents
Addictions and Substance Abuse Prevention	Be Your Own HERO	2002	Be Your Own HERO was developed in support of the Alberta Learning Program of Studies. It consists of six lessons that fulfill general and specific outcomes outlined in the CALM curriculum (grades 10-12), which are listed at the beginning of each lesson.	<ul style="list-style-type: none"> • This resource was also developed in support of best practices in addictions prevention. 	http://www.albertahealthservices.ca/2696.asp	Teachers
Addictions and Substance Abuse Prevention	Alcohol: A Conversation		<p>Most high school students in Alberta will make decisions about alcohol: To drink or not to drink? If I drink, how much should I drink?</p> <p>Because underage drinking is an important issue for youth, it is an important issue for schools and communities.</p>	<ul style="list-style-type: none"> • 75 minute lessons; 3 for CALM; 3 for Social Studies and 4 Biology presentations 	http://www.albertahealthservices.ca/7096.asp	Teachers

Child & Youth Mental Health Resources

Online/Print Mental Health Resources and Information

Topics	Resource Title	Date	Content	Notes	Link	Target Population
Eating Disorders Anxiety Depression Schizophrenia Oppositional Defiant Disorder Conduct Disorder	Teaching Students with Emotional Disorders and/or Mental Illnesses (Alberta Learning)	2000	“The information included in this resource on medical and clinical treatments of these disorders is intended only to raise the awareness of educational personnel and make them more knowledgeable about therapies that students with emotional disorders or mental illnesses may receive outside school.”	<ul style="list-style-type: none"> Useful basic information and strategies for teachers about mental illnesses and emotional disorders Manual should be available in all schools From 2000, so DSM information no longer completely accurate 	http://files.eric.ed.gov/fulltext/ED454649.pdf	Teachers Administrators Counsellors
Multiple Topics	Mental Health Online Resources for Educators (AHS/U of C/ Children’s Hospital)	2014 (Current PD and access to archives)	MORE is a program of on-line continuing education for classroom teachers and other school personnel working in ECS through grade 9 . Free online courses, Flexible – on your own time. Archived workshops also available.	<ul style="list-style-type: none"> Multiple topics related to a variety of child and adolescent mental health/ behavior/ emotional issues Practical tools for classroom management. 	http://www.albertahealthservices.ca/9167.asp	Teachers Administrators Counsellors
Depression Suicide and Self Harm Anxiety Disruptive Behaviours Parent Mental Illness Infant Mental Health Fetal Alcohol Trauma Eating Disorders	Healthy Minds Healthy Children (AHS/U of C/ Children’s Hospital)	2014 (Current PD and access to archives)	<u>Online Continuing Professional Development</u> modules in children’s mental health. Busy professionals can access these modules at their convenience on any computer with Internet and audio capability.	<ul style="list-style-type: none"> Online professional development modules 	http://www.albertahealthservices.ca/4723.asp	Counsellors Teachers
			The <u>Desk References</u> for are used as a quick reference tool for practitioners containing questionnaires, checklists, interview guides.	<ul style="list-style-type: none"> Compilations of some of the most frequently presenting mental health concerns Provides a useful aid in accurately identifying mental illnesses in children and youth 	Desk Reference 2: http://www.albertahealthservices.ca/hp/if-hp-hmhc-desk-reference-complete-second-edition.pdf Desk Reference 3: http://www.albertahealthservices.ca/hp/if-hp-hmhc-desk-reference-third-edition.pdf	Counsellors Teachers

Topics	Resource Title	Date	Content	Notes	Link	Target Population
Anxiety Disorders Autism Depression Eating Disorders Impulse Control Oppositional Defiant Disorder Conduct AD/HD Schizophrenia Tourette Syndrome	When Something's Wrong: Strategies for Teachers (Canadian Psychiatric Research Foundation)	2008	When Something's Wrong: Strategies for Teachers has been designed to help you, the elementary or secondary school teacher, understand and implement ways to help children with behaviour problems that are due to common mental disorders.	<ul style="list-style-type: none"> • Modules include: • A brief description of possible classroom behaviours. • Suggested strategies for the classroom. • Summaries of existing medical or therapeutic treatments. • Resources for further information or professional help. 	http://schools.cbe.ab.ca/b267/pdfs/When_Somethings_Wrong.pdf	Teachers Administrators
General Mental Wellness Resiliency Building	Mental Health Matters (Alberta Education)	?	The Mental Health Matters poster series includes a mental health collage poster introducing students to the building blocks of positive mental health and a set of 6 individual posters highlighting each of the building blocks for good mental health. (Choose, Discover, Connect, Manage, Help, Enjoy)	<ul style="list-style-type: none"> • Poster series and activities for the classroom to promote mental wellness in elementary, middle, and high school. 	http://www.education.alberta.ca/admin/supportingstudent/safeschools/mhm/understand.aspx	Teachers Counsellors
Child Behaviours Youth Behaviours Autism Related Behaviours	The Behavior Toolbox Series (AHS)	2014	The toolbox series is an online resource for professionals who work with children in everyday situations and in special environments, where significant learning and behavioral problems are encountered.	<ul style="list-style-type: none"> • Useful to provide specific strategies to address behaviours. • MUST HAVE ACCESS CODE. 	http://www.conductmanagement.com/amhb/	School Staff
Tobacco Use Prevention	Tobacco reduction resources for school aged youth (AHS)	?	These packages provide reliable age appropriate reference and links to recognized, evidence-based resources for tobacco related information.	<ul style="list-style-type: none"> • Resources provided for tobacco reduction at different grade levels. 	http://www.albertahealthservices.ca/1711.asp	Teachers Students Youth Workers Parents
ADHD Anxiety Autism Behaviour Problems Eating Disorders Healthy Child Development Mood Disorders Psychosis Separation & Divorce Substance Use and Addictions Trauma	Child & Youth Mental Health Toolkits (Children's Hospital of Eastern Ontario)	2014	Information on assessment of mental health concerns as well as parent information on each topic. Also includes link to recommended APPS, online games, websites, and YouTube videos.	<ul style="list-style-type: none"> • AWESOME resources specific to mental health issue. 	http://www.shared-care.ca/toolkits	Parents Teachers Counsellors

Topics	Resource Title	Date	Content	Notes	Link	Target Population
Addictions Adolescent Brain Development Substance Abuse	Adolescent Brain Development and Drug Use	2008	Research indicates that brain development is still in progress during adolescence; immature brain regions may place teenagers at elevated risk to the effects of drugs.	<ul style="list-style-type: none"> Booklet provides information on the impact of substance abuse on adolescent brain development, 	http://www.mentorfoundation.org/uploads/Adolescent_Brain_Booklet.pdf	Teachers Parents
Stigma Mental Illness	Talking about Mental Illness: A guide for developing an awareness program for youth	2001	This guide contains all of the information, support and tools teachers will need to implement “Talking about Mental Illness” in their classroom — an awareness program that has been proven to bring about positive change in students’ knowledge and attitudes about mental illness.	<ul style="list-style-type: none"> Stigma continues to be a huge problem for people living with mental illness. It undermines a person’s sense of self, relationships, well-being and prospects for recovery. Communities make a difference through education and awareness programs. 	http://www.camh.ca/en/education/Documents/www.camh.net/education/Resources_teachers_schools/TAMI/tami_teachersall.pdf	Teachers Administrators
Gambling Addiction	Developing Substance Use and Gambling Policies for Alberta Schools AHS	2009	This manual offers principals, teachers and school councils practical information about developing a substance use and gambling policy. It describes the key components of an effective policy, discusses the benefits, addresses common concerns, and provides information about resources that schools can use. It includes a school policy template, and statements to the school community about dealing with substance use or gambling incidences.	<ul style="list-style-type: none"> An ongoing reference guide 	http://www.albertahealthservices.ca/AddictionsSubstanceAbuse/if-tch-school-policy-manual.pdf	Teachers Administrators
Addictions Substance Abuse Gambling Prevention	Teacher Information Series AHS	2010	The Teacher Information Series is designed to give middle school and high school teachers factual information to help engage students in talking about substance abuse and gambling and allow them to make informed lifestyle decisions and healthy choices.	<ul style="list-style-type: none"> Fact sheets for middle and high school teachers from AHS. 	http://www.albertahealthservices.ca/2685.asp	Teachers
Addictions Substance Abuse Gambling Prevention	Peer Leadership AHS	2010	The Peer Leadership Guide is a resource designed to provide junior and senior high school staff with important tools and information to implement a peer leadership program.	<ul style="list-style-type: none"> An ongoing reference guide 	http://www.albertahealthservices.ca/AddictionsSubstanceAbuse/if-tch-peer-leadership-manual.pdf	Teachers Administrators
Violence and Abuse Prevention	Be Safe! Red Cross	Updated 2013	Be Safe! is a personal safety program for children aged five to nine , with a focus on child sexual abuse prevention. Children and educators will learn to recognize, prevent, and get help for sexual abuse.	<ul style="list-style-type: none"> Kit can be purchased to facilitate classroom discussion. Online training is available with the kit. 	www.redcross.ca/BeSafe	Teachers

Topics	Resource Title	Date	Content	Notes	Link	Target Population
Classroom Mental Wellness	Well Aware	2015	We are seeing a shift toward understanding that developing positive mental health is foundational to academic achievement, effective life skills, and overall well-being for all students. This resource provides teachers with the research-based evidence, practical tools, and ready-to-use strategies to help create a culture of positive mental health in the classroom	<ul style="list-style-type: none"> Resource can be purchased from Pearson Canada. 	http://www.pearsoncanadaschool.com/index.cfm?locator=PS2pDe	Teachers
School Wellness	The Fourth R	2013	The Fourth R is an evidence-based program that uses best practice approaches to target multiple forms of violence. By building healthy school environments we provide opportunities to engage students in developing healthy relationships and decision-making to provide a solid foundation for their learning experiences. Increasing youth relationship skills and targeting risk behaviour with a harm reduction approach empowers adolescents to make healthier decisions about relationships, substance use, and sexual behaviour.	<ul style="list-style-type: none"> Training is available online or may be available locally. Curriculum is available for purchase on the website. 	https://youthrelationships.org/	Teachers Parents Administrators

Child & Youth Mental Health Resources

Websites

Topic	URL	Website Content	Suitable For
ADHD	http://www.chadd.org/	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	Parents & professionals
Anxiety	http://www.caringforkids.cps.ca/handouts/taming_the_monsters	Caring for Kids is a website designed to provide parents with information about their children's health & 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	Young children & their parents
Anxiety	http://anxietybc.com	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
Bullying	http://needhelpnow.ca/app/en/	Need Help Now is a website 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 have experienced 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.	Children, youth, adults & professionals
CBT Self- Help	https://moodgym.anu.edu.au/welcome	MoodGYM is a free, fun, interactive program that was created by staff at the Centre 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 as well as relaxation and meditation techniques. The modules explore issues such as: <ul style="list-style-type: none"> • Why you feel the way you do • Changing the way you think • Changing 'warped' thoughts • Knowing what makes you upset • Assertiveness and interpersonal skills training Registration is required to use this site; registration is free.	Teens & young adults

Topic	URL	Content	Suitable For
CBT Self- Help	http://www.lttf.com/	<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"> • Why do I feel so bad? • How to fix almost everything • 10 things that make you feel happier straight away • I'm not good enough • I can't be bothered doing anything <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
Depression	http://www.familyaware.org/index.php	Families for Depression Awareness is a national (U.S.) non-profit organization whose aim is to help families recognize and cope with depressive disorders and prevent suicides. The website includes stories, interviews, videos, resources and fact sheets for teens/children and adults.	Youth & their families
Depression	www.bluewavebc.ca	Blue Wave's mandate is to make a difference in the lives of youth struggling with depression, anxiety, suicidal thoughts, and/or mental health issues. Their mission is to increase awareness, encourage solutions, foster hope and end the stigma of mental illness.	Youth & their families
Divorce	http://www.familieschange.ca/index.htm	Families Change is a B.C.-based website about separation and divorce developed by the Justice Education Society of B.C. There are separate sections for children, pre-teens/teens, and parents. The site can be viewed in both English and French. Age-appropriate information is provided on topics such as changes to expect, emotions, ways of coping and the law. The website also provides links to other resources about separation and divorce.	Children, Youth, Parents & Professionals
Eating Disorders	http://www.bodywhys.ca/	BodyWhys Youth Canada is a nationally registered charity based in Calgary. The website provides information aimed primarily at parents of children aged 8 to 13 about the prevention, detection and treatment of eating disorders.	Parents & professionals
Gambling	http://www.problemgambling.ca/Pages/Home.aspx	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 are free and can be used anonymously, however registration is required. Information and tools for health professionals are also available on the site.	Youth, young adults, adults and professionals

Topic	URL	Content	Suitable For
General Child Health	www.pbskids.org	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
General Child and Youth Health	www.mentalhealth4kids.ca	The Mentalhealth4kids website provides information on general mental health information for children and youth. The site includes helpful resources with activities for Mental Health Week including the Bounce Back Again booklets (also available in French).	Children, parents, teachers, service providers.
General Child and Youth Health	http://www.jcsh-cces.ca/index.php/areas-of-focus	The areas of focus for JCSH are those impacting school health and deemed significant for the Ministries of Education and the Ministries of Health across Canada, as well as the Public Health Agency of Canada. Website provides toolboxes for positive mental and physical health of children and youth.	Parents, educators and mental health professionals.
General Mental Health	www.speakingofkidsmentalhealth.ca/	As Ontario's largest accredited children's mental health agency, Kinark Child and Family Services partnered with Child Welfare League of Canada and the Provincial Centre of Excellence for Child and Youth, Mental Health, at the Children's Hospital of Eastern Ontario for this resource tool for youth, parents, educators and mental health professionals.	Youth, parents, educators and mental health professionals.
General Mental Health	www.kidsmentalhealth.ca/	The CMHO website provides information about mental health and mental health disorders, specifically targeted towards children and youth, parents and families, and professionals. Many different resources are available for all common mental health illnesses.	Parents or Professionals
General Mental Health	www.mindyourmind.ca	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 www.mindyourmindpro.ca for professionals.	Youth, young adults and professionals
General Mental Health	www.camh.ca/	The Centre for Addiction and Mental Health's Child, Youth and Family Resources section is a gateway to information about programs and services at CAMH for children, youth and families. It is of interest to health promotion workers, parents, and anyone who works with children and youth.	Parents and professionals

Topi	URL	Content	Suitable for
General Youth Mental Health	www.keltymentalhealth.ca/	The Centre offers information and resources on a wide range of mental health and substance use issues affecting children and youth in our province. These include, but are not limited to; depression, anxiety, attention deficit and behavioural problems, child/youth eating disorders and substance use. Also provides resources for adults with eating disorders.	Parents, Young Adults, Professionals
General Mental Health	www.teenmentalhealth.org	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
General Mental Health	http://mindcheck.ca	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
General Mental Health	http://youthinbc.com	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
General Mental Health	http://takingcare.knowledge.ca/splash.html	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
Happiness	www.actionforhappiness.org	Action for Happiness helps people take practical action to improve mental wellbeing and to create a happier and more caring society.	Parents & Teachers
Happiness	www.projecthappiness.org	According to science, we have the ability to increase our own happiness simply through the activities and behaviors we choose. This website includes happiness related programming for children and youth and a free guide for high school students who want to start a happiness club.	Youth, parents, & professionals

Topic	URL	Content	Suitable For
Kids Help Phone	http://www.kidshelpphone.ca/Teens/home.aspx	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
Learning Disabilities	http://www.nclid.org/	This website by the U.S.-based National Centre for Learning Disabilities provides resources and information to those who struggle with learning disabilities such as dyslexia, ADHD and autism spectrum disorders. The site includes a brief summary of each learning disability, worksheets, checklists and videos to help parents support their child/youth with a learning disability to succeed in school, at work and in life. There is also a section for adults with a learning disability.	Parents, adults with a learning disability & professionals
LGBTQ	http://www.youthline.ca/index.php	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, 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
Medication Guides	http://www.parentsmedguide.org/	This website has links to detailed medication guides for ADHD and childhood and adolescent depression 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 developed by AACAP.	Parents & professionals
Medication Guides	www.medicationsinfohcare.com/	A website for people interested in sharing health information, with a particular focus on mental health and medications. People in mind include health professionals, people with lived experience with mental illness, and their family and friends.	Parents, teachers, professionals
Mindfulness	http://www.calm.com/	This website was developed by a San Francisco-based company. Visitors can select a nature scene using arrows at the bottom right of the screen and then choose either a guided or unguided meditation session. You can choose the length of the session: There are five options ranging from 2 to 20 minutes. The meditations are designed to help quiet the mind.	All ages
Mood Disorders	www.mooddisorders.ca	Mood Disorders Ontario has great fact sheets on a wide range of Mood Disorders as well as some valuable Ontario based information on resources.	Parents & Professionals

Topic	URL	Content	Suitable for
OCD	http://www.ocduk.org/	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 guides for parents (http://www.ocduk.org/ocd-information-guide), young children (http://www.ocduk.org/childrens-ocd-guide), and older children/teens (http://www.ocduk.org/young-peoples-ocd-guide).	Children, youth & their parents
Psychosis	http://www.psychosisucks.ca/	This B.C.-based 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.	Teens, their parents & professionals
Psychosis	http://www.psychosis101.ca/	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	Teens, their parents & professionals
Relationship Abuse	http://www.breakthecycle.org/	Break the Cycle is a U.S.-based agency that provides dating abuse prevention programs to young people. Their aim is to engage, educate and empower young people to prevent and end domestic and dating violence. The website provides information about topics such as signs of abuse, why dating violence matters and individuals’ rights as well as tools for action.	Teens, young adults & parents
Relationship Abuse	http://www.loveisrespect.org/	Break the Cycle and the National Dating Abuse Helpline collaborated to create this website which deals with dating and relationships. 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
Schizophrenia	www.schizophrenia24x7.ca	Information on Schizophrenia including treatment and health tips for people with schizophrenia.	Young adults, parents, professionals
Self-Injury	www.sioutreach.org	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

Topic	URL	Content	Suitable for
Self-Regulation	https://www.gonoodle.com	Without leaving the classroom, students participate in a variety of purposeful movement designed to get the wiggles out and refocus the classroom — all in five minutes or less. Suitable for elementary students.	Children, parents, & teachers.
Social Media	http://www.thatsnotcool.com/	This U.S.-based, Ad Council website is for individuals aged 13 and over. 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 free but is required for access to some of the resources.	Teens & young adults

Child & Youth Mental Health Resources

Interactive Games

Topic	Title	Content	Link	Target Population
Addictions and Drug Use	“Getting High” (Mind Your Mind)	1. Helps youth outline plan to reduce risk in substance use	http://www.mindyourmind.ca/interactives/getting-high	Teens and older youth
Addictions and Drug Use	“Mouse Party”	1. Interactive game to learn about substances	http://learn.genetics.utah.edu/content/addiction/mouse	Teens and older youth
Addictions and Drug Use	“Xperiment”	1. Interactive game to learn about substances	http://www.xperiment.ca/index_en.html	Teens and older youth
Anger	“Barometer” (Mind Your Mind)	2. Identifying anger triggers 3. Creating plan to cope with anger Note: Completed worksheet can be printed	http://mindyourmind.ca/toolbox/coping/barometer	Teens and older youth
Anxiety	“Anatomy of a Panic Attack” (Mind Your Mind)	2. Describes symptoms of panic attack 3. Provides tips on how to get through it	http://mindyourmind.ca/toolbox/coping/anatomy-of-a-panic-attack	Teens and older youth
Bullying	“Beat the Bully” (PBS Kids)	1. Illustrates strategies to effectively deal with bullying	http://pbskids.org/itsmylife/games/bullies_flash.html	Children and younger youth
Bullying	“Bullying” (E-Learning for Kids)	1. What is bullying 2. How bullying makes you feel 3. Tips for dealing with bullies 4. Understanding bullies 5. Are you a bully?	http://www.e-learningforkids.org/life-skills/lesson/bullying/	Children ages 8-12

Topic	Title	Content	Link	Target Population
Depression	“What to Do About Feeling Down” (E-Learning for Kids)	<ol style="list-style-type: none"> 1. What is depression 2. What to do when feeling down 	http://www.e-learningforkids.org/life-skills/lesson/depressi	Children ages 8-12
Depression	“Alice, All Jacked Up” (Mind Your Mind)	<ol style="list-style-type: none"> 1. Skills to help get out of a tough emotional situation 2. Creating a crisis plan 3. Discussion of how depression comes about 	http://mindyourmind.ca/toolbox/self-management/alice-all-jacked-up	Teens and older youth
Emotions	“Emotions and You” (E-Learning for Kids)	<ol style="list-style-type: none"> 1. Dealing with emotions 2. Positive emotions 3. Negative emotions 4. Dealing with your emotions 5. Dreams and nightmares 	http://www.e-learningforkids.org/life-skills/lesson/emotions/	Children ages 8-12
Families	“Family Fare” (E-Learning for Kids)	<ol style="list-style-type: none"> 1. Roles, rights, responsibilities and relationships 2. Feelings and family changes 3. The family 4. Family types 	http://www.e-learningforkids.org/life-skills/lesson/family/	Children ages 8-12
General Mental Health	“Tree of Life” (Mind Your Mind)	<ol style="list-style-type: none"> 1. Identifying your strengths, supports and coping strategies 2. Setting personal goals <p>Notes:</p> <ul style="list-style-type: none"> • Module is available in English, French and Inuktitut using the multilingual link • Completed worksheet can be printed 	http://mindyourmind.ca/toolbox/coping/tree-of-life http://mindyourmind.ca/toolbox/coping/tree-of-life-multilingual	Children, teens and older youth
General Mental Health	“Tree of Lights” (Mind Your Mind)	<ol style="list-style-type: none"> 1. Each light on the tree reveals an inspiring quotation 	http://mindyourmind.ca/toolbox/stress-busters/tree-of-lights	Children and youth

Topic	Title	Content	Link	Target Population
LGBTQ	“Aerin the Ally” (Mind Your Mind)	1. LGBT youth wanted to create something that would help others understand that some of the words that we hear and/or use every day really hurt people	http://www.delisleyouth.org/pages/aerin-the-ally	Youth
LGBTQ	“Queer as Soup” (Mind Your Mind)	1. Definitions, historical backgrounds, online resources of sexual orientation, sexual identity, gender identity and other related terms.	http://www.delisleyouth.org/pages/queer-as-soup	Youth
Relationships	“Relationships” (E-Learning for Kids)	2. Types of relationships 3. Behaviours in relationships 4. Positive relationships 5. Negative relationships	http://www.e-learningforkids.org/life-skills/lesson/relationships/	Children ages 8-12
School	“School Stuff” (E-Learning for Kids)	1. Coping with a new school 2. Repeating a year 3. Bullying 4. Teachers & you	http://www.e-learningforkids.org/Courses/Liquid_Animation/Feelings_and_Worries/School/school_object.html	Children ages 8-12
Self-Esteem	“Communication” (E-Learning for Kids)	1. Types of communication 2. Shyness & assertiveness 3. Public speaking 4. Conflict 5. Conflict management	http://www.e-learningforkids.org/life-skills/lesson/communication/	Children ages 8-12
Self-Esteem	“Personal Identity” (E-Learning for Kids)	1. Self-esteem: how you feel 2. Body image 3. Feeling good about yourself 4. Positive & negative self-esteem 5. Influences on self-esteem	http://www.e-learningforkids.org/life-skills/lesson/personal-id/	Children ages 8-12

Topic	Title	Content	Link	Target Population
Sexuality	“Nude-e-Calls” (That’s Not Cool)	1. Game to help youth understand safe texting and consequences of sexual texts that they might send	http://www.thatsnotcool.com/Games_NudeECalls.aspx	Teens and older youth
Sexuality	“Sex-Fu Challenge” (Society of Obstetricians and Gynaecologists of Canada)	1. Game that provides knowledge about sexuality and the facts on sex 2. Looks at men’s sexual health, women’s sexual health, STI’s, sex and emotions	http://www.sexualityandu.ca/games-and-apps/sex-fu-challenge	Older teens and young adults
Social Media	“Cyber Café” (Child Exploitation and Online Protection Centre)	1. Teaching kids how to safely manage personal online spaces, e-mail and Internet searches 2. Module looks at issues of privacy and disclosure of personal information on the Internet	http://www.thinkuknow.co.uk/8_10/cybercafe/Cyber-Cafe-Base/	Children ages 7-11
Stress	“Squish ‘Em” (MindYourMind)	1. Game to try to squish the annoying stress trogs 2. If the trogs reach the “meltdown” zone, then the game proceeds to a screen that provides a quick and easy stress- releasing tip	http://mindyourmind.ca/toolbox/stress-busters/squishem	Teens and older youth
Stress	“Stress” (E-Learning for Kids)	1. What is stress? 2. Things that can be stressful 3. Effects of stress 4. Tips for beating stress	http://www.e-learningforkids.org/life-skills/lesson/stress/	Older children and youth
Stress	“Stress Me Less” (Mind Your Mind)	1. Game to identify and destroy the cause of your stress 2. After finishing the game, a coping tip is provided and a link to more information about stress is attached	http://mindyourmind.ca/toolbox/stress-busters/stress-me-less	Children and youth

Topic	Title	Content	Link	Target Population
Stress	"Yoga Connection (Mind Your Mind)"	<ol style="list-style-type: none"> 1. Basic information about yoga 2. Simple yoga steps to help with depression and anxiety 	http://mindyourmind.ca/toolbox/stress-busters/yoga-connection	Teens and older youth
Substance Use	"Bonko's Body Quiz" (PBS Kids)	<ol style="list-style-type: none"> 1. Quiz about the harmful effects of tobacco 2. Quiz about the harmful effects of drugs 	http://pbskids.org/itsmylife/games/bonko_flash.html	Children and youth

Child & Youth Mental Health Resources

Phone Apps

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Anxiety	MindShift https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8	Free	MindShift is a collaboration between Anxiety BC and BC Addictions Services. The MindShift app is designed to help teens and young adults cope with anxiety. The app will help youth learn how to relax and develop more helpful ways of thinking.	<ul style="list-style-type: none"> • App includes strategies to deal with everyday anxiety and youth-friendly information about anxiety disorders • App provides inspirational quotes, relaxation/guided meditation modules and active steps to manage specific anxiety issues • App is easy to navigate, and “chill out tools” are very helpful 		Recommended for youth and adults. Under the “chill out” tab, the guided relaxation, guided meditation and guided visualization exercises are extremely useful for individuals to develop practical skills.
Autism	Autism Xpress https://itunes.apple.com/us/app/autismxpress/id343549779	Free	Autism Xpress is designed to encourage children with autism to recognize and express their emotions.	<ul style="list-style-type: none"> • Easy to use with both audio and visual components • Very simple layout and could be used with small children • App is free 	<ul style="list-style-type: none"> • Some users report that the app sometimes freezes or crashes 	Recommended as a tool for young children to use with their parents
Crisis Help Line	Always There https://itunes.apple.com/us/app/always-there/id579718991?ls=1&mt=8	Free	This multi-featured app is designed to connect children and youth to the Kids Help Phone and Live Chat and provide accurate information on C&Y health topics.	<ul style="list-style-type: none"> • App is free, visually pleasing, easy to navigate and has many features • App has privacy settings where an extra passcode can be set to open the phone • App allows users to track their emotions daily, read inspirational quotes, view self-care tips, and read educational materials on relevant C&Y health topics • App can also connect user directly with a Kids Help Phone counsellor over the phone, or, during certain hours, Live Chat 		Suitable for children and youth as a way to find information and have quick access to Kids Help Phone and Live Chat

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Happiness/ Well-Being	Gratitude365 https://itunes.apple.com/us/app/gratitude-journal-365-diary/id562212110	Free	This app provides a space to identify and record what you are grateful for on a daily basis	<ul style="list-style-type: none"> • The app can be password protected • Each day there is space to enter (through text and picture) what you are grateful for • App is simple and has a clear layout that is easy to follow • Personalized gratitude calendar with entries can be shared with friends via Facebook, e-mail, Instagram, Twitter and Yahoo 	<ul style="list-style-type: none"> • App provides the space to practice gratitude but might not create the desire to express gratitude • App is free for the first seven days, after which you are prompted to pay for the upgrade 	Recommended for older children, youth and young adults. App may be useful for certain clients who want to develop the skill of being grateful in a systematic and structured manner.
Happiness/ Well-Being	Live Happy https://itunes.apple.com/ca/app/livehappy/id317887266	\$0.99	This app guides the user through a set of daily activities based on a positive psychology approach. App is designed to help cultivate optimism and shake away negative thoughts	<ul style="list-style-type: none"> • App is clearly laid out and contains many features/activities to increase overall happiness • App has activities to develop the skill of expressing gratitude (keep a gratitude journal to express the things the user is thankful for with the option of sending notes of gratitude to contacts) • App has activities to develop optimism for life (keeping a journal about one's best possible self) • Space to note future goals • App has activities that help the user to remember and note acts of kindness that occur • App has features that help the user to remember positive life events 	<ul style="list-style-type: none"> • App is not free • Occasionally app "crashes", and information being worked on is lost; this can become quite frustrating 	Recommended for older children, youth and adults. Despite its technological issues, the app is still quite resourceful and easy to navigate.

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Mindfulness/ Meditation	The Mindfulness App https://itunes.apple.com/ca/app/themindfulnessapp/id417071430?mt=8	\$1.99	The Mindfulness App is a tool for increasing awareness in life. It helps with a most difficult aspect of mindfulness practice, namely to remember to be mindful.	<ul style="list-style-type: none"> • App has great guided meditation exercises as well as silent meditation for those who are more experienced meditators • The app allows for personalized reminders to be set up to help users to remember to meditate • Meditations are adaptable to the user's situation (with 3-minute, 5-minute, 15-minute and 30-minute meditation) • App provides guided body scan and centring exercises • Features are laid out clearly and are easily accessible 	<ul style="list-style-type: none"> • App might be costly 	Recommended for youth and adults. Also consider suggesting MindShift as the guided meditations are excellent and free.
Mindfulness/ Meditation	Tactical Breather https://itunes.apple.com/ca/app/tactical-breather/id445893881?mt=8	Free	Tactical Breathing is a 4-count method of breathing designed to help create a relaxation response	<ul style="list-style-type: none"> • App is very simple and easy to use • "Tutorial" button helps to explain how the breathing exercise should be carried out • "Breathe" tab leads to looped guided tactical breathing exercise 	<ul style="list-style-type: none"> • Voice used to guide the breathing exercise is very monotonous 	Recommended for all ages to assist in teaching breathing as a relaxation strategy
Mindfulness/ Meditation	Smiling Mind https://itunes.apple.com/au/app/smiling-mind/id560442518?mt=8	Free	Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs.	<ul style="list-style-type: none"> • App is very simple and easy to use • Developmentally appropriate meditations 		Recommended for older children, youth and adults.

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Mindfulness/ Meditation	Take a Chill - Stressed Teens https://itunes.apple.com/ca/app/mindfulness-coach/id804284729?mt=8	\$1.99	This app is full of tools to help manage stress, and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities, begin to overcome those moments whether it's studying for a test or preventing negative thoughts and patterns.	Features included in app: <ul style="list-style-type: none"> • Quick Exercises - two illustrated exercises for in-the-moment situations. • Daily Dose - Daily activities to help reinforce concepts and increase your mindful practice • Audio - Free audio tracks to accompany exercises • Progress - See your progress and activity overtime • Reminders - keep yourself motivated with 3 types of Reminders • Stress Assessment - quick assessment to find out how stressed you might be • Notes - A notepad to quickly jot any notes or insights that come to mind for later • Motivational Quotes - Receive a new motivational quote after each use 	<ul style="list-style-type: none"> • App might be costly 	Recommended for youth and young adults.
Mindfulness/ Meditation	Stop, Breathe & Think https://itunes.apple.com/ca/app/stop-breathe-think/id778848692?mt=8	Free	The SB&T App is a free mindfulness, meditation and compassion building tool for middle-school students, high-school students, and adults. Includes 15 age-appropriate mindfulness and compassion-building audio meditations in a prioritized list.	<ul style="list-style-type: none"> • App is very simple and easy to use • App includes thought/mood tracker which then recommends meditation • Meditations are developmentally appropriate 		Recommended for older children, youth and adults.

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Mindfulness/ Meditation	Calm- Meditation and Relaxation https://itunes.apple.com/ca/app/calm-meditation-relaxation/id571800810?mt=8	Free	This app can help reduce stress, increase calm and improve mood through guided mediation designed to help quiet the mind	<ul style="list-style-type: none"> • App includes 7 guided relaxation sessions from 2 minutes to 30 minutes long • App is user friendly, easy to use and free 		Recommended for older children, youth and adults
Mood Trackers	My Mood Tracker Lite https://itunes.apple.com/ca/app/id387314925?mt=8	Free	This app helps track moods and emotions and everything that can affect how one feels. The fun and easy-to-manoeuvre design will help users understand what causes emotions to change.	<ul style="list-style-type: none"> • Privacy – a password can be set up for access to the app • Track mood and emotional state throughout the day (track items that can affect mood such as sleep, exercise, medication, menstrual cycles, stress, pain, energy and stimulants) • Data can be synced to iCloud and ported to external sources 	<ul style="list-style-type: none"> • No explanation provided on how to use the app's features • No explanation provided on why these external factors being tracked are affecting mood 	Recommended for older youth and young adults. App can be used to help clients think of ways to change negative mood.
Mood Trackers	Moody Me https://itunes.apple.com/ca/app/moody-me-mood-diary-tracker/id411567371	Free	This mood diary app allows the user to log and track their moods, note what affects their mood and record events, symptoms and any treatments they are receiving, including medication	<ul style="list-style-type: none"> • Data can be backed up, viewed online and shared across devices • Allows user to take photos associated with their mood and create a photo album that can be played back • Information can be presented on easy-to-create and easy-to-read graphs • Privacy – password for the specific application can be created 	<ul style="list-style-type: none"> • Data can be shared across devices but cannot be e-mailed 	Recommended for children and youth. App is very user friendly and might help youth identify emotions to discuss with their mental health professional. Also, the graphics are simple and great for younger children.

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Mood Trackers	Moody Me https://itunes.apple.com/ca/app/moody-me-mood-diary-tracker/id411567371	Free	This mood diary app allows the user to log and track their moods, note what affects their mood and record events, symptoms and any treatments they are receiving, including medication	<ul style="list-style-type: none"> • Data can be backed up, viewed online and shared across devices • Allows user to take photos associated with their mood and create a photo album that can be played back • Information can be presented on easy-to-create and easy-to-read graphs to see how mood changes over time • Privacy – password for the specific application can be created 	<ul style="list-style-type: none"> • Data can be shared across devices but cannot be e-mailed 	Recommended for children and youth. App is very user friendly and might help youth identify emotions to discuss with their mental health professional. Also, the graphics are simple and great for younger children.
Mood Trackers	Mind Your Mood https://itunes.apple.com/ca/app/mindyourmood/id894661256?mt=8	Free	MindYourMood is a revolutionary, easy-to-use app that allows youth and young adults to track their moods securely on their phone.	<ul style="list-style-type: none"> • Privacy – a password can be set up for access to the app • Track mood and emotional state throughout the day • The ability to add notes and to 'flag' them for later conversations • Data can be emailed to external sources • Creates interactive reports that graph intense moods 		Recommended for youth and young adults. App can be used to help clients think of ways to change negative mood.
Safety Planning	Be Safe https://itunes.apple.com/ca/app/besafe/id847594399	Free	Be Safe is meant to help you make decisions in a crisis. It will: <ul style="list-style-type: none"> • allow you to make a safety plan • inform you about resources in London, Ontario and surrounding area • give you options for getting help 	<ul style="list-style-type: none"> • App is user friendly, easy to use and free 	<ul style="list-style-type: none"> • App doesn't allow password protection. • No explanation provided on how to use the app's features • Resources are for London, Ontario 	Recommended for youth and young adults. App can be used to help clients develop a safety plan and have it close by.

Child & Youth Mental Health Resources

Videos

Topic	Video Title	Content	Link	Length	Target Population
ADHD (Children)	"Jack and Jill Have ADHD"	Animated video from the BC Ministry of Health and BC Medical Association about understanding, recognizing and managing ADHD in children. One of a series of mental health-related videos from http://www.teenmentalhealth.org/	https://www.youtube.com/watch?v=rLghxG3mGMM	5 minutes	Young children & their parents
ADHD (Teens)	"Teen ADHD"	Animated video from http://www.teenmentalhealth.org/ about understanding and managing ADHD in teens	https://www.youtube.com/watch?v=rIKMo8VuC_c	6 minutes	Youth & young adults
Anxiety	"Fear vs. Anxiety: What's the Difference?"	Animated cartoon that illustrates that fear and anxiety can produce the same physiological responses. Directs viewers to http://www.gozen.com./	https://www.youtube.com/watch?v=0v5E6syVppl	2 minutes	Children, youth & their parents
Anxiety (Separation Anxiety)	"Tom Has Separation Anxiety Disorder"	Animated video from http://www.teenmentalhealth.org/ in which Tom struggles with a "worry dragon". The video ties in with the book "Taming Worry Dragons".	https://www.youtube.com/watch?v=jEkFp0Ux40Q	4 minutes	Young children & their parents
Anxiety (Social Anxiety)	"Social Anxiety Disorder"	Animated video from http://www.teenmentalhealth.org/ that aims to dispel myths and misconceptions about social anxiety and provide tools to assist those diagnosed with this disorder.	https://www.youtube.com/watch?v=kitHQUWrA7s	5 minutes	Youth & young adults

Topic	Video Title	Content	Link	Length	Target Population
Anxiety (Panic Disorder)	“Dylan’s Panic Disorder”	Animated video from http://www.teenmentalhealth.org/ about understanding and treating panic disorder	https://www.youtube.com/watch?v=R3S_XYaEPUs	5 minutes	Youth & young adults
Anxiety (Panic Disorder)	“Millie – Most Likely to Panic”	Short video from http://www.anxietybc.com/ in which a teen (“Millie”) describes her panic attacks and her first steps to try to find help	https://www.youtube.com/watch?v=VRKcDAOILi4	2 minutes	Youth & their parents
Anxiety (Panic Disorder)	“Millie: Taking Steps to Manage Panic Disorder (Exposure)”	Follow-up video to “Millie – Most Likely to Panic”, also from http://www.anxietybc.com/ . Millie describes her attempts to overcome panic attacks through counselling and exposure techniques.	https://www.youtube.com/watch?v=rS6Ov4DsfJ0	3 minutes	Youth & their parents
Anxiety (Social Anxiety)	“Rob – Nervous Talking in Groups”	Short video from http://www.anxietybc.com/ in which a teen (“Rob”) describes his experience with social anxiety	https://www.youtube.com/watch?v=LFM8M33k2UI	1 minute	Youth & their parents
Anxiety (Social Anxiety)	“Rob – Making Steps to Social Success (Exposure)”	Follow-up video to “Rob – Nervous Talking in Groups” also from http://www.anxietybc.com/ . Rob describes his own attempts to battle his social phobia using exposure techniques.	https://www.youtube.com/watch?v=cISDRVw_4PE	2 minutes	Youth & their parents

Topic	Video Title	Content	Link	Length	Target Population
Anxiety (Generalized Anxiety Disorder)	“Jacob – Worrywart”	Short video from http://www.anxietybc.com/ in which a youth (“Jacob”) describes his experience with GAD (Generalized Anxiety Disorder) and his first steps to try to find help.	https://www.youtube.com/watch?v=4RSdV9R8wXQ	2 minutes	Youth & their parents
Anxiety (Generalized Anxiety Disorder)	“Jacob – Learning to Manage Worry (Exposure)”	Follow-up video to “Jacob – Worrywart”, also from http://www.anxietybc.com/ in which Jacob describes his attempts to tackle his GAD through techniques suggested by his psychologist.	https://www.youtube.com/watch?v=DnuRZH0fMdk	2 minutes	Youth & their parents
Anxiety (Post-Traumatic Stress Disorder)	“Aman – Frequent Nightmares”	Short video from http://www.anxietybc.com/ in which a youth (“Aman”) describes his experience with PTSD (post-traumatic stress disorder) after being in a car accident.	https://www.youtube.com/watch?v=vDKSReJm2-U	2 minutes	Youth & their parents
Anxiety (Post-Traumatic Stress Disorder)	“Aman – Learning to Manage PTSD (Exposure)”	Follow-up video to “Aman – Frequent Nightmares”, also from http://www.anxietybc.com/ in which Aman describes how he is trying to manage his PTSD through counselling and exposure techniques.	https://www.youtube.com/watch?v=BQF09Y3U0PI	4 minutes	Youth & their parents
Anxiety (Obsessive Compulsive Disorder)	“Christine – Germaphobe (OCD)”	Short video from http://www.anxietybc.com/ in which a teen (“Christine”) describes her experience with OCD (obsessive-compulsive disorder) and her first steps to find help.	https://www.youtube.com/watch?v=dgbQ5tnTtxt	2 minutes	Youth & their parents
Anxiety (Obsessive Compulsive Disorder)	“Christine – Taking Steps to Manage OCD (Exposure)”	Follow-up video to “Christine – Germaphobe”, also from http://www.anxietybc.com/ in which Christine describes her progress using exposure techniques suggested by her psychologist to treat her OCD.	https://www.youtube.com/watch?v=WhNFEAQ1q4A	4 minutes	Youth & their parents

Topic	Video Title	Content	Link	Length	Target Population
Anxiety (Specific Phobia)	“Anita – Terrified of Creepy Crawlies”	Short video from http://www.anxietybc.com/ in which a teen (“Anita”) describes her experience with a specific phobia – extreme fear of bugs – and her first steps to try to find help	https://www.youtube.com/watch?v=QePXH8XztLI	2 minutes	Youth & their parents
Anxiety (Specific Phobia)	“Anita – Learning to Manage Fears (Exposure)”	Follow-up video to “Anita – Terrified of Creepy Crawlies” also from http://www.anxietybc.com/ in which Anita describes her attempts to overcome her specific phobia using exposure techniques she researched on the Internet	https://www.youtube.com/watch?v=sUnWQfy3NWM	3 minutes	Youth & their parents
Depression	“Ellie’s Depression”	Animated video from http://www.teenmentalhealth.org/ in which a youth describes her symptoms, thoughts and feelings as she battles depression and the steps she took to treat her illness	https://www.youtube.com/watch?v=i8EPzKxAiVw	4 minutes	Youth & young adults
Development	“Teen Brain”	Video from http://www.teenmentalhealth.org/ that explains changes that occur in the teenage brain	https://www.youtube.com/watch?v=EGdIpaWi3rc	4 minutes	Youth, young adults & their parents
Mindfulness	“Relax Music – Buddhist Meditation Music”	Instrumental Buddhist meditation music played over changing photo images of nature	https://www.youtube.com/watch?v=OSxdW9IaxSs	75 minutes	All ages
Mindfulness	“Meditation – Zen Music”	Asian-inspired meditation music (instrumental) played over fixed image of a seated silhouette	https://www.youtube.com/watch?v=d9SCrpXN3EE	60 minutes	All ages

Topic	Video Title	Content	Link	Length	Target Population
Mindfulness	"4-7-8 Breathing Exercise"	Animated video from www.gozen.com that teaches a guided breathing exercise that can be used by both adults and children to help alleviate anxiety	https://www.youtube.com/watch?v=UxbdX-Se00o	4 minutes	All ages
Mindfulness	"Mindfulness: Youth Voices"	This video from Keltly Mental Health features youth and young adults discussing their experiences practising mindfulness, and how mindfulness has benefited different aspects of their lives	https://www.youtube.com/watch?v=kk7IBwuhXWM	3 minutes	Youth & adults
Relationship Issues	"The Line"	A brief video from http://www.loveisrespect.org/ that asks viewers to think about where the line is between concern and control in a relationship	https://www.youtube.com/watch?v=dNvt_zSilkg	1 minute	Older youth & adults
Self- Esteem	"Dove Real Beauty Sketches"	Video from the makers of Dove soap that contrasts how women perceive their own appearance with how others view them	https://www.youtube.com/watch?v=litXW91UauE	7 minutes	Youth, young adults & adults
Self- Esteem	"Dove - Evolution"	This brief video from the makers of Dove soap looks at how the flawless images of women seen in the media are created	https://www.youtube.com/watch?v=iYhCn0jf46U	1 minute	Youth, young adults & adults
Self- Esteem	"Friends"	A video from the makers of Dove soap about body image	https://www.youtube.com/watch?v=Q37vBy_XSAM	2 minutes	Youth, young adults & adults
Self- Esteem	"Motivational Video"	This video challenges attitudes about failure by describing the failures initially encountered by several individuals who later went on to great success, such as Michael Jordan, the Beatles and Abraham Lincoln	https://www.youtube.com/watch?v=hZBCI13rJmA	2 minutes	All ages

Topic	Video Title	Content	Link	Length	Target Population
Self- Injury	“If You Self- Injure – An Interview with Dr. Wendy Lader”	Video interview with Dr. Wendy Lader about understanding self-injury behaviours and the importance of asking for help. The video is from Self-Injury Outreach and Support (SIOS). http://sioutreach.org	https://www.youtube.com/watch?v=EdbYgABkCFc	3 minutes	Youth who self-injure & their parents, professionals
Self- Injury	“Why People Self-Injure – An Interview with Dr. Matthew Nock	Video interview with Dr. Matthew Nock that aims to increase understanding of why people self-injure and offers information about treating these behaviours. The video is from Self-Injury Outreach and Support (SIOS). http://sioutreach.org/	https://www.youtube.com/watch?v=EB9YRMvnyxQ	2 minutes	Youth, parents, professionals
Self- Injury	“Close-Up on Janis Whitlock”	Video interview with Dr. Janis Whitlock of Cornell University in which she looks at what self-injury is and why people do it	https://www.youtube.com/watch?v=PUa8HmaUDp0	4 minutes	Parents & professionals
Stress	“Managing Stress - Brainsmart”	Animated BBC video that describes your body’s response to stress and offers tips to decrease stress	https://www.youtube.com/watch?v=hnpQrMqDoqE	3 minutes	Youth, young adults & adults
Stress	“The Single Most Important Thing You Can Do to Manage Your Stress”	Video by Dr. Mike Evans that looks at what stress is, its effects and what you can do to decrease stress. Dr. Evans narrates the video over real-time sketching by the illustrator.	https://www.youtube.com/watch?v=l6402Qjp52M	11 minutes	Young adults & adults
Social Media & Sexting	“Pressure Pic Problem – Boyfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatnotcool.com/) that gives the male perspective on pressuring girls to send nude pictures	https://www.youtube.com/watch?v=-e5WQr8BU7Y	1 minute	Youth & young Adults

Topic	Video Title	Content	Link	Length	Target Population
Social Media & Sexting	“Pressure Pic Problem—Girlfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the female perspective on being pressured to send someone nude pictures of yourself	http://youtu.be/OmeBHbUqGic	1 minute	Youth & young adults
Social Media & Sexting	“The Break-In”	Animated Interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the female perspective on what to do when private space becomes not so private	http://youtu.be/RAAsc4HSOAI	1 minute	Youth & young adults
Social Media & Sexting	“The Break-In”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the male perspective on what to do when private space becomes not so private	https://www.youtube.com/watch?v=Yo797fGG2go	1 minute	Youth & young adults
Social Media & Sexting	“Text Monster – Girlfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the female perspective on what to do if your boyfriend is not responding to your text messages	https://www.youtube.com/watch?v=jGp6fl1LKP8	1 minute	Youth & young adults
Social Media & Sexting	“Text Monster – Boyfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at what to do when you feel you can’t escape your girlfriend’s texts	https://www.youtube.com/watch?v=J3n-eD_FdPc	1 minute	Youth & young adults
Social Media & Sexting	“Show Me Your Battery”	Animated video from the Ad Council (http://www.thatsnotcool.com/) that looks at the issue of pressuring someone to send you nude pictures of themselves	https://www.youtube.com/watch?v=sMzUnQhP3A0	1 minute	Youth & young adults
Social Media & Sexting	“Megan’s Story”	A video from an Internet safety program in Australia developed by the Australian Federal Police and Microsoft Australia (http://www.thinkuknow.co.uk/) that depicts a teenage girl’s experience with sexting	https://www.youtube.com/watch?v=DwKgg35YbC4	2 minutes	Youth & young adults