

RESOURCES

Mental Health

Canadian Mental Health Association/ Association Canadienne pour la Santé Mentale

<http://www.cmha.ca/>
<http://www.cmha.ca/fr/>

Mental Health Canada / Santé Mentale Canada

<http://www.mentalhealthcanada.com/>

Depression Hurts / La Dépression Fait Mal

http://www.depressionhurts.ca/en/symptomchecklist.aspx?WT.srch=1&DCSext.srchsrc=Google&DCSext.sitetrg=&DCSext.loctype=search&WT.mc_id=FY12_Depression&WT.seg_1=depression&DCSext.adid=9085122150
http://www.ladepressionfaitmal.ca/fr/symptomchecklist.aspx?WT.srch=1&DCSext.srchsrc=Google&DCSext.sitetrg=&DCSext.loctype=search&WT.mc_id=FY12_Depression&WT.seg_1=depression&DCSext.adid=9085122150

Anxiety Disorders Association of Canada / Association Canadienne des Troubles Anxieux

<http://www.anxietycanada.ca/english/index.php>
<http://www.anxietycanada.ca/french/index.php>

Canadian Network for Mood and Anxiety Treatments

<http://www.canmat.org/help.php>

Nutrition

Health Canada / Santé Canada

Food and Nutrition

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>
<http://www.hc-sc.gc.ca/fn-an/index-fra.php>

Canadian Nutrition Society / Société Canadienne de Nutrition

<http://www.cns-scnc.ca/default.asp>

Drugs and alcohol

Canadian Centre on Substance Abuse / Centre Canadien de lutte contre les toxicomanies

<http://www.ccsa.ca/Pages/Home.aspx>

National Drug Strategy (Government of Canada) / Strategie Nationale Antidroque (Gouvernement du Canada)

<http://www.nationalantidrugstrategy.gc.ca/>

<http://www.strategienationaleantidroque.gc.ca/>

Al-Anon, alateen

<http://www.al-anon.alateen.org/>

AA

<http://www.aa.org/?Media=PlayFlash>

NA

<http://www.na.org/>

Children Protection

Canadian Centre for Child Protection/ Centre Canadien de Protection de l'Enfance

<https://protectchildren.ca/app/en/>

Canadian Child Welfare Research Portal/ Portail Canadien de la recherche en protection a l'enfance

<http://cwrp.ca/help>

<http://cwrp.ca/fr/help>