



## Online Help for Improving Mental Health

### **Sites with information about a range of mental health topics:**

<http://heretohelp.bc.ca/> - Information about mental health, wellness, and alcohol/drug issues. There are toolkits and workbooks to help manage anxiety, substance use, and depression. There are also links to many other books, websites, and resources.

<http://bluepages.anu.edu.au/> - Information about prevention and treatment of mood disorders.

<http://www.camh.net> - The Centre for Addiction and Mental Health's website has information and resources related to mental health and alcohol/drug use.

[www.nnt.nhs.uk/mh/content.asp?PageName=selfhelp](http://www.nnt.nhs.uk/mh/content.asp?PageName=selfhelp) - Self-help booklets on bereavement, anger, depression, panic, obsessive-compulsive disorder, and stress.

<http://www.cwgsy.net/community/mindinfo/cbt.htm#online> - Cognitive-Behaviour Therapy self-help resources for learning about the treatment approach and how it applies to a variety of mental health diagnoses.

[www.crufad.com](http://www.crufad.com) - Self-help and manuals for clinicians to learn more about anxiety disorders and depression.

[www.livinglifetothefull.com](http://www.livinglifetothefull.com) - Interactive CBT for depression and anxiety, including short videos to help with relaxation, anger management, and wellness.

[http://anxietybc.com/resources/selfhelp\\_home\\_toolkit.php](http://anxietybc.com/resources/selfhelp_home_toolkit.php) - Easy-to-follow self-help toolkits for coping with specific anxiety disorders.

<http://anxietycoach.com> - Information on anxiety disorders, with specific written and videotaped information on breathing and other anxiety management skills.

<https://members.kaiserpermanente.org/redirects/listen/> - Podcasts with guided imagery, meditation, affirmations, on topics such as sleep, stress management, weight management, and pain.

**Complete treatment programs for depression and/or anxiety:**

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au) - *MoodGym* is an interactive self-help program for teens and young adults with depression.

<http://changeways.com/scdpintro.shtml> - Cognitive-behavioural self-help treatment for depression. Free workbooks are available in English, French, Punjabi, and Chinese. A manual designed especially for teens, *Dealing with Depression*, is also available free on this site.

<http://www.depressioncenter.net> - Interactive self-help for depression, including online chat forums.

<http://www.ecouch.anu.edu.au/welcome> - CBT, Interpersonal Therapy, and Relaxation therapy, as they apply to depression and anxiety. Online therapist and client workbooks.

<http://www.cci.health.wa.gov.au/resources/consumers.cfm> - Information and self-help resources on depression, bipolar disorder, anxiety disorders, and disordered eating. There are excellent handouts, information sheets, and workbooks that are easy to read and provide lots of practical help.

<http://www.paniccentre.net> – Free interactive CBT for panic disorder

<http://anxieties.com> - Free self-assessment and self-help programs for a variety of anxiety disorders.