



## Youth-Friendly Resources & Websites

### General Mental Health

<http://www.mindyourmind.ca>

Resources and tools to help manage stressful life events, mental health problems, relationship issues, etc.

<http://TeenCentral.Net>

Teens talking to teens about life-related issues (how to quit smoking, loss, stress, etc.). Website developed by KidsPeace

<http://www.yoomagazine.net>

Topics include bullying, stress, and mental health.

### Anxiety Problems

<http://www.anxietybc.com>

A self-help approach to reducing anxiety – complete toolkit

<http://ecouch.anu.edu.au>

Information about emotional problems such as anxiety and depression – learn strategies that will help you with stressful life events.

### Depression:

<http://www.thelowdown.co.nz>

Youth depression website. Get all the facts and treatment info. Talk to a trained counsellor and hear other people's personal stories.

<http://moodgym.anu.edu.au>

A free self-help program for depression that teaches youth cognitive behaviour therapy skills.

[http://www.camh.ca/Publications/Resources\\_for\\_Professionals/Validity/](http://www.camh.ca/Publications/Resources_for_Professionals/Validity/) "Hear Me, Understand Me, Support Me: What Young Women Want You to Know about Depression"

[http://www.mcf.gov.bc.ca/mental\\_health/teen.htm](http://www.mcf.gov.bc.ca/mental_health/teen.htm)

"Dealing with Depression: Anti-Depressant Skills for Teens" - A guide for teens and adults that is intended to assist youth age 13 to 17 who suffer from depression or who believe they have an early or mild form of depression. Created by mental health experts and clinical psychologists from BC, the guide contains answers to many common questions about teen depression, interactive worksheets, and links to other sources of information.

### Substance Use & Addictions:

<http://www.camh.ca>

Substance use, gambling problems, mental health issues

<http://www.ay.on.ca>

A.Y. (Alternatives for Youth) has a youth- and parent-friendly website offering information, education and community resources related to teen substance use. Interesting quizzes and up-to-date information.

### Sexual Health:

<http://www.hc-sc.gc.ca/hl-vs/jfy-spv/youth-jeunes-eng.php>

Informative Health Canada website on teen sexual health, development, issues related to being a teen.

<http://www.youthline.ca>

Anonymous & confidential site for lesbian, gay, bisexual and trans youth, and those who have questions.