

Mental Health Resources and Supports

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Depression and Bipolar Disorder Resources and Supports

DID YOU KNOW?

- During their lifetime, about 5 to 12% of men and 10 to 25% of women will have at least one episode of major depressive disorder (depression)
- Bipolar Disorder, which involves periods of both depression and extreme elation or irritability, affects about 1.2% of adults
- Research suggests that a combination of therapies, including medications and certain types of psychotherapy, may give the best treatment outcome



Websites & Online Resources

Anxiety and Depression Association of America

www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia

ConnexOntario

www.connexontario.ca

*For resources/programs in Ontario

Depression and Bipolar Support Alliance

www.dbsalliance.org

MindBeacon (free online CBT)

www.info.mindbeacon.com/btn542

Mood Disorders Association of Ontario

www.mooodisorders.ca

Web/Phone Apps

MoodTools Depression Aid

www.moodtools.org

MindShift (iOS, Android)

www.anxietybc.com/resources/mindshift-app

Calm (iOS, Android; in-app purchases)

www.calm.com

CBT-I Coach for Insomnia (iOS, Android)

www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp#

Headspace (iOS, Android; in-app purchases)

www.headspace.com



Mood Disorders Society of Canada

www.mdsc.ca

Baby Blues and Beyond: What Every Women Needs to Know About Perinatal Mental Health Issues

www.mountsinai.on.ca/care/psych/patient-programs/meternal-infant-perinatal-psychiatry/quick-links/baby-blues-pamphlet/index.html



Video/Audio Clips

I Had a Black Dog, His Name Was Depression

World Health Organization (2012)

www.youtube.com/watch?v=XiCrniLQGYc

Mind Over Mood / Greenberger, D. (2016)

Self-Help Strategies for Anxiety & Depression:

www.adaa.org/webinar/consumer/mind-over-mood

The Mindful Way Workbook (registration needed)

www.guilford.com/MBCT_audio

The Mindfulness Solution

www.mindfulness-solution.com/DownloadMeditations.html



Books (Self-Help/Workbooks) for Depression

Assert Yourself: Improve Your Assertiveness

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

Antidepressant Skills Workbook

www.psychhealthandsafety.org/asw

Back from the Bluez: Coping with Depression

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression

Choosing to Live: How to Defeat Suicide

Through Cognitive Therapy / Ellis, T.E., Newman, C.F. (1996)

Ending the Depression Cycle: A Step-by-Step Guide for Preventing Relapse

/ Bieling, P.J., Antony, M. (2003)

Facing Your Feelings: Overcoming Distress Intolerance

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress

Improving Your Self-Esteem: Overcoming Low Self-Esteem

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem

Managing Depression: A Self-Help Skills Resource for Women Living with Depression during Pregnancy, After Delivery and Beyond

www.sfu.ca/carmha/publications/managing-depression-pregnancy-childbirth.html

Mind Over Mood: Change How you Feel by Changing The Way You Think

/ Greenberger, D., Padesky, C. (2016)

Perfectionism in Perspective: Overcoming Perfectionism

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism

The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress

/ Teasdale, J.D., J.M.G., Segal, Z. (2014)

What? Me Worry? Mastering Your Worries

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Generalised-Anxiety-and-Worry

Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those With Depression, Anxiety, or Chronic Pain

/ Carney, C., Manber, R. (2009)



Books (Self-Help/Workbooks) for Bipolar Disorder

Keeping Your Balance: Coping with Bipolar Disorder

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Bipolar

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know

/ Miklowitz, D.J. (2011)

The Bipolar Workbook: Tools for Controlling Your Mood Swings

/ Basco, M.R. (2015)

The Dialectical Behaviour Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life

/ Van Dijk, S. (2009)



Want to Participate in a Treatment Study?

Free Cognitive Behaviour Therapy for Insomnia (Insomnia Treatment Study) Sleep and

Depression (SAD) Laboratory (18+)

Ryerson University

416-979-5000 ext. 552185

www.psychlabs.ryerson.ca/carney/be-a-participant

Mindfulness-Based Group Programs

Humber River Hospital

416-242-1000 ext. 43000

*doctor's referral required

North York General Hospital

416-483-3778

The Centre for Mindfulness Studies (\$)

www.themindfulnessstudies.com

647-524-6216

The Mindful Mood Centre

www.mindfulmood.com

416-686-2138

University Health Network

Toronto Western: 416-603-5738

UHN: 416-340-4452

Crisis Lines

Distress Centre

416-408-4357

Text: 45645



Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077

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Generalized Anxiety Disorder and Worry Resources and Supports

DID YOU KNOW?

- Generalized Anxiety Disorder (GAD) involves worry that is excessive and uncontrollable. Often the things you worry about are minor matters and unlikely future events
- People diagnosed with GAD worry daily and these feelings have lasted for at least 6 months
- Many people who have GAD have physical symptoms such as:
 - Tense muscles
 - Inability to relax
 - Restlessness
 - Being easily fatigued
 - Difficulty concentrating
 - Sleep disturbed by worry



Websites & Online Resources

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia

ConnexOntario
www.connexontario.ca

*For resources/programs in Ontario

Depression and Bipolar Support Alliance
www.dbsalliance.org

Mood Disorders Association of Ontario
www.mooddisorders.ca
www.acuityscheduling.com (to schedule appointment)

Mood Disorders Society of Canada
www.mdsc.ca

MindBeacon (free online CBT)
www.info.mindbeacon.com/btn542

Baby Blues and Beyond: What Every Women Needs to Know About Perinatal Mental Health Issues
www.mountsinai.on.ca/care/psych/patient-programs/meternal-infant-perinatal-psychiatry/quick-links/baby-blues-pamphlet/index.html

Web/Phone Apps

MoodTools Depression Aid (Free)
www.moodtools.org

MoodKit and Moodnotes (\$) (iOS only)
www.thriveport.com

MindShift (iOS, Android)
www.anxietybc.com/resources/mindshift-app

Calm (iOS, Android; in-app purchases)
www.calm.com

Headspace (iOS, Android; in-app purchases)
www.headspace.com



Crisis Lines

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Text: 45645

Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077





Books **(Self-Help/Workbooks)**

Assert Yourself: Improve Your Assertiveness

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

Antidepressant Skills Workbook

www.psychhealthandsafety.org/asw

Back from the Bluez: Coping with Depression

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression

Facing Your Feelings: Overcoming Distress Intolerance

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress

Improving Your Self-Esteem: Overcoming Low Self-Esteem

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem

Managing Depression: A Self-Help Skills Resource for Women Living with Depression during Pregnancy, After Delivery and Beyond

www.sfu.ca/carmha/publications/managing-depression-pregnancy-childbirth.html

Perfectionism in Perspective: Overcoming Perfectionism

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism

What? Me Worry? Mastering Your Worries

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Generalised-Anxiety-and-Worry

Mindfulness-Based Group Programs

Humber River Hospital

416-242-1000 ext. 43000

*doctor's referral required

North York General Hospital

416-483-3778

*doctor's referral required

The Centre for Mindfulness Studies (\$)

www.mindfulnessstudies.com

647-524-6216

The Mindful Mood Centre

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Social Anxiety Disorder Resources and Supports

DID YOU KNOW?

- Although many people are shy and experience some anxiety in performance or social situations, people with social anxiety disorder have anxiety that interferes with their lives (e.g., work, school, relationships)
- Because of their fear, people with social anxiety disorder tend to pay more attention to, and remember more accurately, negative or critical faces
- Social anxiety is best treated with Cognitive Behavioral Therapy, which includes gradual exposure to feared situation



Websites & Online Resources

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/social-anxiety-disorder

Anxiety Recovery Toronto
anxietyrecovery.ca

ConnexOntario
www.connexontario.ca

*For resources/programs in Ontario

Mood Disorders Association of Ontario
www.mooddisorders.ca
www.acuityscheduling.com (to schedule appointment)

Mood Disorders Society of Canada
www.mdsc.ca

MindBeacon (free online CBT)
www.info.mindbeacon.com/btn542

Self-Help Strategies for Social Anxiety
www.anxietycanada.com/sites/default/files/adult_hmsocial.pdf

Web/Phone Apps

Joyable (iOS, Android)
www.joyable.com



MindShift (iOS, Android)
www.anxietybc.com/resources/mindshift-app

MoodKit and Moodnotes (\$) (iOS only)
www.thriveport.com

Sanvello (iOS, Android)
www.sanvello.com

Self-Help Anxiety Management (iOS, Android)
www.sam-app.org.uk

What's Up (iOS, Android)
www.whatsupapp.co.uk

Youper (iOS, Android)
www.youper.co

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Seniors Helpline

416-217-2077





Books **(Self-Help/Workbooks)**

Assert Yourself: Improve Your Assertiveness

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

Improving Your Self-Esteem: Overcoming Low Self-Esteem

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem

Perfectionism in Perspective: Overcoming Perfectionism

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism

Self-Help Strategies for Social Anxiety

www.anixeycanada.com/free-downloadable-pdf-resources/

Shy No Longer: Coping With Social Anxiety

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Social-Anxiety

The Mindful Path Through Shyness / Flowers, S. (2009)

What? Me Worry? Mastering Your Worries

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Generalised-Anxiety-and-Worry

10 Simple Solutions to Shyness: How to Overcome Shyness, Social Anxiety & Fear of Public Speaking / Antony, M.M (2004)

www.martinantony.com/publications/10-simple-solutions-to-shyness-how-to-overcome-shyness-social-anxiety-fear-of-public-speaking

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Panic and Agoraphobia Resources and Supports

DID YOU KNOW?

- Panic Disorder often begins during teenage and early adulthood.
- A typical panic attack lasts for several hours, but can even last up to an hour
- Having panic attacks does not mean you have a panic disorder
- Agoraphobia is when people start to avoid situations because of the fear of having a panic attack
- At the core of panic disorder is a fear of the physical symptoms associated with anxiety. Cognitive Behaviour Therapy (CBT) teaches you that these symptoms are normal, safe, and will go away on their own and that trying to escape or avoid them makes them worse



Websites & Online Resources

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia

Anxiety Canada: Agoraphobia and Panic Disorder
www.anxietycanada.com/free-downloadable-pdf-resources/

ConnexOntario
www.connexontario.ca
*For resources/programs in Ontario

Dr. Martin Antony, Clinical Psychologist
www.martinantony.com/workshops

MindBeacon (free online CBT)
www.info.mindbeacon.com/btn542

Self-Help Strategies: Webinars
www.adaa.org/learn-from-us/from-the-experts/webinars

Stop Worrying: Noise In Your Head (\$\$)
www.noiseinyourhead.ocm

Web/Phone Apps



CBT-I Coach for Insomnia
www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp#

MindShift (iOS, Android)
www.anxietybc.com/resources/mindshift-app

PanicShield (iOS, Android)
www.panicshield.org

Stop Panic and Anxiety Self-Help (Android)
www.play.google.com/store/apps/details?is=com.excelatlife.panic&hl-en

Crisis Lines

Distress Centre

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Text: 45645

Gerstein Crisis Centre

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Mental Health Helpline

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Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077





Books **(Self-Help/Workbooks)**

10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, and Reclaim Your Life / Antony, M.M (2004)

Facing Your Feelings: Overcoming Distress Intolerance

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress

Panic Stations: Coping With Panic Attacks

www.cci.health.gov.au/Resources/Looking-After-Yourself/Panic

The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Panic, Phobias and Obsessions / Antony, M.M., Norton, P.J (2008)

The Dialectical Behaviour Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms / Chapman, A. (2011)

The Mindful Way Through Anxiety: Breaking Free from Chronic Worry and Stress

www.mindfulwayanxiety.com

Worry Less, Live More: The Mindful Way Through Anxiety Workbook /

Orsillo, S.M., Roemer, L. (2011)

www.mindfulwaythroughanxiety.com

Mindfulness-Based Group Programs

Humber River Hospital

416-242-1000 ext. 43000

*doctor's referral required

North York General Hospital

416-483-3778

*doctor's referral required

The Centre for Mindfulness Studies (\$)

www.mindfulnessstudies.com

647-524-6216

The Mindful Mood Centre

www.mindfulmood.com

416-686-2138

University Health Network

Toronto Western: 416-603-5738

UHN: 416-340-4452



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Obsessive-Compulsive Disorder and Related Conditions Resources and Supports

DID YOU KNOW?

Obsessions..

- Are thoughts, images, or impulses that keep coming back to people, even when they do not want to have them
- Often cause anxiety, disgust, or a sense that things are “not quite right”; people recognize that they do not make sense
- Include fears of contamination, being immoral, becoming aggressive or accidentally harming others, or doubts about one’s actions

Compulsions...

- Are the excessive behaviors or rituals that people engage in to try and rid themselves of the distress they feel
- Are repeated acts or particular ways that people often feel compelled to engage in to get relief from their obsessions
- Include excessive washing, checking, counting, repeating, ordering, and hoarding

Obsessive-Compulsive Disorder is best treated with a combination of medication and cognitive-behavioral therapy (CBT)



Websites & Online Resources

Anxiety Canada

www.anxietycanada.com/disorders/body-focused-repetitive-behaviours

Beyond OCD

www.beyondocd.org/ocd-guides

Canadian OCD Network

www.ocdcanada.org

ConnexOntario

www.connexontario.ca

*For resources/programs in Ontario

International OCD Foundation

www.iocdf.org/about-ocd

Stopping the Noise in Your Head (\$)

www.noiseinyourhead.com

The TLC Foundation for Body-Focused Repetitive Behaviours

www.bfrb.com

Web/Phone Apps

Live OCD Free (\$) (iOS, Android)

www.liveocdfree.com

nOCD

www.treatmyocd.com

OCD Manager (iOS)

www.hanumancode.com/ocd-manager

Self-Help Anxiety Management (iOS, Android)

www.sam-app.org.uk



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Gerstein Crisis Centre

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Mental Health Helpline

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Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077





Books (Self-Help/Workbooks)

Building Body Acceptance: Overcoming Body Dysmorphia

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Body-Dysmorphia

Compulsive Hoarding and Acquiring: Workbook Treatments that Work / Stekee, G., Frost, R.O (2007)

Getting Over OCD: A 10-Step Workbook for Taking Back Your Life / Abramowitz, J. (2009)

Help for Hair Pullers: Understanding and Coping with Trichotillomania / Keuthen, N.J., Stein, D.J., Christenson, G. (2001)

Helping Health Anxiety: Overcoming Health Anxiety

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety

Managing Your OCD at Home

www.anxietycanada.com/free-downloadable-pdf-resources/

The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Panic, Phobias and Obsessions / Antony, M.M., Norton, P.J (2008)

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder / Phillips, K.A. (2005)

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Behavior / Hyman, B.M., Pedrick, C. (2010)

Community Groups

Hope + Me: Drop-in OCD Peer Support

www.mooddisorders.ca/programs

*select region: Toronto, register online

Toronto West OCD Self-Help Groups

torontowestocdgroup@gmail.com

647-290-9409



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Mindfulness and Meditation Resources

Websites & Online Resources



Breathworks

www.breathworks-mindfulness.org.uk

Centre for Mindfulness in Medicine, Healthcare & Society

www.umassmed.edu/cfm

Dharma Seed

www.dharmaseed.org

Your Guide to Mindfulness-Based Cognitive Therapy

www.mbct.com

The Happiness Trap (Acceptance/Commitment Therapy)

www.thehappinesstrap.com

Mindful Families

www.mindfulfamilies.ca

Mindful Hub

www.mindfulhub.ca

The Mindful Mood Centre

www.mindfulmood.com

The Mindful Solution

www.mindfulness-solution.com/technique-mindfulness.html

Mindfulnet

www.mindfulnet.org

Rick Hanson, Clinical Psychologist

www.rickhanson.net

Self-Compassion (Dr. Kristin Neff)

www.self-compassion.org

Sounds True

www.soundstrue.com

Tara Brach

www.tarabrach.com

DID YOU KNOW?

Mindfulness is about being aware and present in the moment, with acceptance and without judgment. It is a practice that involves paying attention to your surroundings and noticing or observing your emotions, thoughts, and how your body feels. Anyone can practice mindfulness.

Benefits of mindfulness include:

- ✓ Increased focus and attention
- ✓ Reduced stress
- ✓ Less anxiety
- ✓ A greater sense of calm

Web/Phone Apps

Calm (iOS, Android)

www.calm.com



Headspace (iOS, Android)

www.headspace.com

Insight Timer (Meditation)

<https://insighttimer.com>

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Books **(Self-Help/Workbooks)**

Eating Mindfully: How to End Mindless Eating and

Enjoy a Balanced Relationship With Food / Albers, S. (2012)

Mindfulness: A Practical Guide to Finding Peace in a Frantic World / Williams, M., Penman, D. (2011)

The Happiness Trap / Harris, R., Hayes, S. (2008)

The Mindful Path to Self-Compassion: Freeing Yourself From Destructive Thoughts and Emotions / Germer, C. (2009)

The Mindful Way Through Anxiety: Break Free From Chronic Worry and Reclaim Your Life / Orsillo, S., Roemer, L. (2011)

The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness / Williams, M., Teasdale, J., Segal, Z., Kabat-Zinn, J. (2007)

The Mindful Way Workbook: An 8-Week Program to Free Yourself From Depression & Emotional Distress / Teasdale, J., Williams, M., Segal, Z., Kabat-Zinn, J. (2014)

The Mindfulness and Acceptance Workbook for Anxiety / Forsyth, J.P., Eifert, G.H. (2007)
The Mindfulness Solution: Everyday Practice for Everyday Problems / Siegel, R. (2010)

The Now Effect: How This Moment Can Change the Rest of Your Life / Goldstein, E. (2013)

Radical Acceptance: Embracing Your Life With the Heart of a Buddha / Brach, T. (2003)

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind / Neff, K. (2011)

Everyday Blessings: The Inner Work of Mindful Parenting / Kabat-Zinn, K., Kabat-Zinn J. (1997)

Full Catastrophe Living: Using The Wisdom of Your Body and Mind to Face Stress, Pain and Illness / Kabat-Zinn, J. (1990)

When Things Fall Apart: Heart Advice for Difficult Times / Chödrön, P. (2000).

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life / Kabat-Zinn, J. (1994)

You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being – an 8 week program / Burch, V., Penman, D. (2013)

Mindfulness-Based Group Programs

Humber River Hospital
416-242-1000 ext. 43000
*doctor's referral required

North York General Hospital
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*doctor's referral required

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www.mindfulnessstudies.com
647-524-6216

The Mindful Mood Centre
www.mindfulmood.com
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Psychosis

Where to go when you're looking for help

What is Psychosis?

Psychosis describes a state of mind where people have trouble knowing what is real and what is not. When this happens, it is called a psychotic episode.

A first episode of psychosis is often very frightening, confusing, and distressing, especially because it is an unfamiliar experience.

Psychosis usually appears in a person's late teens or early twenties

A number of mental illnesses can include psychosis as a symptom including schizophrenia, bipolar disorder, schizoaffective disorder and drug-induced psychosis.

Early Intervention Programs offer support for people who have experienced early signs and symptoms of psychosis.

These people may have trouble concentrating or thinking clearly, they may withdraw from family and friends, be suspicious of other people and be confused about what is real and what they have imagined. They may also have hallucinations (where they see or hear things that are not there) and experience unusual changes in their behavior.

Treatment can include medications and a team to help with employment and education support, family, support, social skills training and psychotherapy.

Early intervention programs minimize disruptions to the person's work, school and relationships, and improve the chances of a more successful recovery. These programs also decrease the need for hospitalization.

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Psychosis Resources and Supports



Websites & Online Resources

Canadian Mental Health Association
www.toronto.cmha.ca/mental-health-2/understanding-mental-illness/psychosis

Centre for Addiction and Mental Health
www.camh.ca/en/health-info/mental-illness-and-addiction-index/psychosis

ConnexOntario
www.connexontario.ca
*For resources/programs in Ontario

Early Psychosis Intervention
*Dealing with psychosis toolkit
www.earlypsychosis.ca/resources-and-downloads/

Here to Help
www.heretohelp.bc.ca/psychosis

Institute for Advancements in Mental Health (CBT for Psychosis Info)
www.iamentalhealth.ca/Initiatives/CBT-for-Psychosis

Living With Schizophrenia (YouTube)
www.youtube.com/livingwithschizophrenia

Mood Disorders Society of Canada
www.mdsc.ca

Schizophrenia Society of Ontario
www.schizophrenia.on.ca

Self-Help/Mutual Aid Support Groups

Mood Disorders Association of Ontario
www.mooddisorders.ca
*Early Intervention Family Forum
*Drop-In Peer Support



Books/E-Books

First Episode Psychosis: An Information Guide
www.camh.ca/-/media/files/guides-and-publications/first-episode-psychosis-guide-en.pdf

Promoting Recovery from First Episode Psychosis: A Guide for Families /
Martens, L., Baker, S. (2009)

Women and Psychosis: An Information Guide
www.camh.ca/-/media/files/guides-and-publications/women-and-psychosis-en.pdf

Women and Psychosis: A Guide for Women and Their Families /
Blake, P., Collins, A.A., Seeman, M.V. (2006)

Housing Support

Canadian Mental Health Association
www.toronto.cmha.ca/programs-and-services/community-support-services/housing
416-789-7957

CAMH Homes for Special Care (HSC)
416-583-4315

Housing Connections
www.housingconnections.ca
416-397-7400

Regeneration House
www.regenerationcs.org
416-703-9645

Unison Health & Community Services
www.unisonhsc.org
416-653-5400 Housing Help

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Organizations That Help

Access Point

www.theaccesspoint.ca

Across Boundaries

www.acrossboundaries.ca

416-787-3007

Canadian Mental Health Association

www.toronto.cmha.ca

416-789-7957 ext. 3631

Centre for Addiction and Mental Health

www.camh.ca/en/your-care/programs-and-services/psychosis-coordinated-care-service

Hong Fook Mental Health Association

www.hongfook.ca

416-493-4242

Mood Disorders Association of Ontario

www.mooddisorders.ca/program/early-intervention-program

416-486-8046 ext. 237

Humber River Hospital

416-242-1000 ext.43170

Loft Community Services

www.loftcs.org

416-979-1994

North York General Hospital Mental Health Program

www.nygh.on.ca

416-756-6642

Reconnect Mental Health Services

www.reconnect.on.ca

416-248-2050

Toronto North Support Services

www.tnss.ca

416-499-5969

Crisis Lines

Distress Centre

416-408-4357

Text: 45645

Gerstein Crisis Centre

416-929-5200

Mental Health Helpline

1-866-531-2600

Ontario Drug & Alcohol Helpline

1-800-565-8603

Rape Crisis Centre

416-597-8808

Seniors Helpline

416-217-2077



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Trauma and Posttraumatic Stress Disorder Resources and Supports

DID YOU KNOW?

- Trauma can cause long-lasting and harmful mental health problems. Sometimes these problems get in the way of a person's work or social life
- Between 51% to 89% of adults go through at least one traumatic event in their lives. Less than 10% will develop post-traumatic stress disorder (PTSD)
- Traumatic events that can trigger PTSD include natural disasters, car/plane crash, sexual or physical abuse, violent assault (such as rape, mugging), war
- Symptoms of PTSD include:
 - Reliving the event with repeated thoughts, images, memories, or nightmares
 - Feeling over-aroused (for example, easily startled, angry), and anxious
 - Negative changes in mood, memory, and thinking patterns associated with the traumatic event(s)
- Research suggests that a combination of therapies including medicines and certain types of psychotherapy may give the best treatment outcome



Websites & Online Resources

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/social-anxiety-disorder

Anxiety Disorders Association of Manitoba
www.adam.mb.ca/ptsd-videos

CAMH: Post-traumatic Stress Disorder
www.camh.ca/-/media/files/guides-and-publications/posttraumatic-stress.pdf

www.camh.ca/en/health-info/mental-illness-and-addiction-index/posttraumatic-stress-disorder

CMHA: PTSD
www.sm.cmha.ca/documents/post-traumatic-stress-disorder-ptsd/

Dr. Martin Antony, Clinical Psychologist
www.martinantony.com

Dr. Rami Nader: PTSD Resources
www.cbt.raminader.com/Resources.html

David Baldwin's Trauma Information Pages
www.trauma-pages.com

Info-Trauma

www.info-trauma.org/en/home

International Society for Traumatic Stress Studies

www.istss.org

The Lifeline Canada Foundation

*PTSD and Suicide Prevention Resources

www.thelifelinecanada.ca/suicide-prevention-resources/ptsd/

Web/Phone Apps

CBT-I Coach for Insomnia

iOS:

www.apps.apple.com/app/cbt-i-coach/id655918660

Android:

www.play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.cbt&hl=en_CA&gl=US

CPT App (iOS, Android)

[www.ptsd.va.gov/appvid/mobile/cptcoach_app\)public.asp](http://www.ptsd.va.gov/appvid/mobile/cptcoach_app)public.asp)

MindShift (iOS, Android)

www.anxietybc.com/resources/mindshift-app

PanicShield (iOS, Android)

www.panicshield.org

PTSD Coach Canada

www.veterans.gc.ca/resources/stay-connected/mobile-app/ptsd-coach-canada



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Books (Self-Help/Workbooks)

Life After Trauma: A Workbook for Healing /
Rosenbloom, D., Williams, M.B (2010)

**Moving on After Childhood Sexual Abuse:
Understanding the Effects and Preparing for
Therapy /** Willows, J. (2008)

My Anxiety Plans (Anxiety Canada)
www.maps.anxietycanada.com

**Overcoming Traumatic Stress: A Self-Help
Guide Using Cognitive Behavioral Techniques /**
Herbert, C., Wetmore, A. (2008)

**Overcoming the Trauma of Your Motor Vehicle
Accident: A Cognitive-Behavioural Treatment
Program (Workbook) /** Hickling, E.J., Blanchard,
E.B (2006)

**Reclaiming Your Life after Rape: Cognitive-
Behavioral Therapy for PTSD /**
Rothbaum, B.O., Foa E.B. (2004)

**The Body Keeps the Score: Brain, Mind and
Body in the Healing of Trauma /** Van der Kolk, B.
(2014)

Audio/Video Clips

**Anxiety Disorders Association
of Manitoba**
www.adam.mb.ca/ptsd-videos

Christine Padeski (\$)
CBT CD or Video available
<http://store.padeski.com/cdpak25.htm>

**Stopping the Noise in Your Head / Wilson, R.
(2016) Free 6-part video series on Anxiety**
www.noiseinyourhead.com/free-video-series

The Relaxation Response Institute
*self-guided audio-visual training program (\$179)
www.elibay.com/store/The-Outer-Stress-Inner-Calm-Program-INTERNATIONAL-p58731148

What is PTSD? Veteran's Health Administration
www.youtube.com/watch?v=YMC2jt_QVEE

**The Dialectical Behavior Therapy Skills
Workbook for Anxiety: Breaking Free from
Worry, Panic, PTSD, and other Anxiety
Symptoms /** Chapman, A. (2011)

**The PTSD Sourcebook: A Guide to Healing,
Recovery and Growth /** Schiraldi, G. (2009)

**The PTSD Workbook: Simple, Effective
Techniques for Overcoming Traumatic Stress
Symptoms /** Williams, M.B. (2013)

**Trauma Treatment Toolbox: 165 Brain-
Changing Tips, Tools & Handouts to Move
Therapy Forward /** Sweeton, J. (2019)

**Trust After Trauma: A Guide to Relationships
for Survivors and Those Who Love Them /**
Matsakis, A.T. (1998)

**When Love Hurts: A Woman's Guide to
Understand Abuse (2nd ed.) /** Cory, J.,
McCandless-Davis, K. (2008)



Want to Participate in a Research Study?

**Investigating Methods to Prevent, Assess,
and Care for Trauma**
IMPACT Laboratory, Ryerson University
(Research Studies)

416-979-5000 ext. 552369

www.psychlabs.ryerson.ca/impact/get-involved/be-a-participant-in-a-research-study/

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Individual and Group Trauma Support

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	INFORMATION	CONTACT
GROUP SUPPORT FOR TRAUMA		
A Time for Men	https://bloorwestpsychotherapy.ca/a-time-for-men-groups 12-week phase one recovery group for men who have experience sexual abuse and are looking to recover with the support of other men who have endured similar histories	416-989-5090 416-432-7725 craigbolton.recovery@gmail.com
Breakthrough at the YWCA	www.ywcautoronto.org Offers free 12-week support groups to women who have been abused or harmed by other kinds of violence. Also offers a free 12-week parenting program for children 4-16 years of age and their mothers who have been exposed to abuse	416-487-7151 ext. 266 cbarrett@ywcautoronto.org
Catholic Family Services	www.cfstoronto.com Groups available for abused women and their children, peer-based support service for women and programs helping men end abuse	416-921-1163 Woman Abuse Services: 416-222-0048
Divine Divas at the Toronto Western Hospital	Divine divas (uhn.ca) Free drop-in psycho-educational groups for all women who are experiencing issues relating to mental health, substance abuse and current/past abuse.	416-603-5800 ext. 5325
My BeST: Trauma Survivors' Network	www.stmichaelshospital.com/programs/trauma-survivors-network/ Peer support group for survivors of traumatic injury such as a car crash, fall, gunshot wound, or work-related injury. The program connects survivors of physical trauma – including patients, their families and caregivers – and helps them rebuild their lives after serious injury	416-360-4000
The Barbra Schlifer Clinic	www.schliferclinic.com Offers legal, counselling, and interpretation services to marginalized populations for women who have survived violence.	416-323-9149
The Gatehouse	www.thegatehouse.org/the-gatehouse-fact-sheet/ Peer-led groups offering support for survivors of childhood sexual abuse, has \$25 materials fee.	416-255-5900 ext. 211
Women's College Women Recovering from Abuse Program (WRAP)	www.womenscollegehospital.ca/care-programs/mental-health/wrap Intensive group therapy program with accompanying individual therapy for women who have experienced physical, emotional, sexual abuse and/or neglect in childhood	416-323-6320

INDIVIDUAL THERAPY FOR TRAUMA		
Canadian Centre for Victims of Torture	www.ccvt.org/what-we-do/programs/mental-health Provides supportive, non-judgmental counselling that helps survivors develop trust and regain a sense of empowerment	416-363-1066
Canadian Mental Health Association (CMHA)	www.toronto.cmha.ca/about-us/contact-us/ Offers a number of individual and family support services	416-789-7957
Catholic Family Services	www.cfstoronto.com Individual and group based trauma support services	416-921-1163
Jewish Family and Child Services	www.jdandcs.com Services for child abuse and neglect as well as woman abuse. For a full list of services provided, visit the website	416-638-7800
Stella's Place	www.stellasplace.ca Drop-in virtual counselling, online peer support app available at beanbagchat.ca	416-461-2345
The Brief Psychotherapy Center for Women	www.womenscollegethospita.ca/care-programs/mental-health/ Woman-centered, non-medical, time-limited psychotherapy based on relational-cultural model. Includes assessment, therapy, follow up and individual therapy	416-323-6022
West End Services for Abuse and Trauma (WESAT)	www.etobicokechildren.com/Trauma-Services Specialized assessment and treatment services for children and youth, and female adult survivors of abuse or trauma	416-240-1111 ext.2532 416-913-7540
Women's Health in Women's Hands	www.torontocentralhealthline.ca Short-term counseling, group sessions and workshops for women (CBT, Solution-Focused, Mindfulness, Art-Based, Expressive)	416-593-7655
FEE FOR SERVICE (\$)		
Anna Baranowski, Ph.D., C.Psych	https://annabaranowsky.com/psychological-services/ Services include Cognitive Behavioural Trauma Therapy, Emotionally Focused Couples Therapy, Specialized trauma interventions, assessments and compassion fatigue resiliency for care providers.	416-944-8217
Atisha Buddhist Centre –East Toronto and the Beaches	www.meditateinthebeaches.org Online meditation classes available. Suitable for anyone with a basic wish to improve the quality of their lives by developing inner peace. Each class includes an explanation of how to meditate as well as a teaching based on a particular Buddhist contemplation/meditation.	416-649-5300 atisha.centre@gmail.com
Dr. Pilowsky	www.pilowsky.com Address concerns of anxiety, depression, adjustment issues, pain management, and trauma,	416-239-9042 info@pilowsky.com

	amongst others. Provides CBT and Internal Family Systems therapy.	
EBT3	www.ebt3.com/therapy Provide short-term, problem-focused therapy to take into account clients' own circumstances and preferences when setting goals and achieving desired outcomes. Treats individuals, couples and families.	416-628-4336 info@ebt3.com intake@ebt3.com
Meditation for Health, Lucinda Sykes, M.D	www.meditationforhealth.com Offers a 9-week program that teaches Mindfulness-Based Stress Reduction, a self-care treatment for stress-related symptoms and chronic illness.	416-413-9158 info@meditationforhealth.com
Shambala Meditation Centre of Toronto	https://toronto.shambhala.org/what-we-offer/ Free drop-in meditation class offered every Tuesday & Wednesday evening 7-8pm	416-588-6465
The Centre for Mind Body Health	https://cmbh.space Offer individual, couple, family and group therapy focused on Dialectical Behaviour Therapy (DBT), Emotion-Focused Therapy (EFT), Mindfulness and Self-Compassion. Specialized training in relationship issues, addictions, grief and loss, anxiety and depression, trauma and borderline personality.	416-855-2624 info@cmbh.space
The Mindfulness Clinic	www.themindfulnessclinic.ca Offers mindfulness psychotherapy in Toronto and across Ontario, combining Cognitive Behaviour Therapy (CBT) with mindfulness to help you. <i>**Services offered in English, French, Polish, Russian, Danish, Indonesian, Farsi, Urdu, Gujarati, Hindi and Punjabi</i>	416-847-7118 info@themindfulnessclinic.ca

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Help Lines



211 Central

211
1-888-340-1001
Text: 21166 24/7

Across Boundaries for Black and Indigenous People/Persons of Colour
416-787-3007

Assaulted Women's Helpline

416-863-0511
Text #SAFE (#7233)

Auntie Hotline (Indigenous COVID Pathways Hotline)

437-703-8703
Mon-Sun: 4pm-9pm (GTA Only)

Caribbean African Canadian Social Services
416-740-1056

COAST (Crisis Outreach and Support Team)
1-877-825-9011

Crisis Services Canada

1-833-456-4566
Text: 45645 24/7

Distress Center

416-408-4357
Text: 45645

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310
1-310-855-HOPE (4673)

Gerstein Center

416-929-5200

Immigrants, Refugees and Citizenship Canada Client Support Centre Services

1-888-242-2100
1-888-576-8502
Mon-Fri: 8am-4pm

Kids Help Phone (ages 5-20)

1-800-668-6868

LGBT Youth Line (ages 29 and under)

1-800-268-9688
Text: 647-694-4275

Mental Health Help Line

1-866-531-2600

Native Child and Family Services of Toronto

416-969-5200

Non-Crisis Peer Support Line

647-875-8967
Mon-Fri: 12pm-8pm (Ages 13-29)

Ontario Drug & Alcohol Help Line

1-800-565-8603

Ontario Legal Line

416-929-8400

Ontario Mental Health Helpline

1-866-531-2600

Progress Place Warm Line

416-323-3721
416-960-9276
Text: 647-557-5882
Mon-Sun: 12-8pm
Mon-Sun: 8pm-midnight

Teen Line

1-800-852-8336 or text TEEN to 839863

Toronto Rape Crisis Centre

416-597-8808
Toronto Seniors Helpline
416-217-2077
Mon-Sun: 9am-5pm

The Redwood Abuse Crisis Line

416-533-8538

Yellow Brick House (for abused women and children)

1-800-263-3247

YMCA Newcomer Information Centre

416-968-9622
immigrantservices@ymcagta.org 24/7