

http://www.teenmentalhealth.org/family_multimedia.php

Summary:

- Website includes
- Common myths & facts about mental illness and FAQs
- Links to other sites, blogs, etc.
- Articles and short books for patients & family members that can be downloaded

<http://www.heretohelp.bc.ca/>

Information and Resources related to:

- Handling Stress
- Depression and Anxiety
- Body Image
- Alcohol and Other Drugs
- Schizophrenia and Psychosis

<http://www.comh.ca/publications/pages/dwd/>



- **DWD - Dealing with Depression: Anti-Depressant Skills for Teens**, a guide for teens and adults; intended to assist youths who suffer from depression or who believe they have early or mild forms of depression. With:
 - answers to common questions about teen depression.
 - interactive worksheets.
 - links to other sources of information.
 - option to download, save or print the file.