

# Resource Sheet

Knowledge and information is a powerful tool to assist individuals living with a mental illness and/or addiction to better understand their illness and move toward wellness and recovery. Information is also vital for individuals wishing to provide support and encouragement to those living with an illness.

Through the **Mental Health and Wellness Collection** housed at the Simcoe branch of the Norfolk County Public Library individuals can access a variety of current materials (350+ books, videos, DVDs) on mental health, mental illness, addiction and recovery. The information is accessible through inter branch and inter library loan making it more widely available than just Simcoe. The Collection is a partnership between CAMHS and their Achieve Mental Health Wellness & Recovery Centre (519-428-0580 x 5 or 1-877-909-4357) and the Norfolk Public Library ([www.ncpl.ca](http://www.ncpl.ca))

## Web sites which provide an overview of mental illnesses and / or addiction:

<a href="http://www.camh.net">www.camh.net</a>	Centre for Addictions and Mental Health
<a href="http://www.cmha.ca">www.cmha.ca</a>	Canadian Mental Health Association
<a href="http://www.mentalhealthcommission.ca">www.mentalhealthcommission.ca</a>	Mental Health Commission of Canada
<a href="http://www.nami.org">www.nami.org</a>	National Alliance on Mental Illness (American)

## Web sites which provide information on addiction or specific mental illnesses:

Information specific to **addiction**: [www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca) click on the site's 'helpful links' or call the Drug and **Alcohol** Helpline at 1-800-565-8603 for more information

Information specific to **anxiety disorders**: [www.anxietycanada.ca](http://www.anxietycanada.ca)

Information specific to **eating disorders**: [www.nedic.ca](http://www.nedic.ca)

Information specific to **gambling**: [www.problemgambling.ca](http://www.problemgambling.ca)

Information specific to **mood disorders**:

<https://mdsc.ca/> (Mood Disorders Society of Canada)

[www.depressionhurts.ca](http://www.depressionhurts.ca)

[www.checkupfromtheneckup.ca](http://www.checkupfromtheneckup.ca)

Information specific to **posttraumatic stress disorder**: [www.ptsdassociation.com](http://www.ptsdassociation.com)

Information specific to **schizophrenia**: [www.schizophrenia.on.ca](http://www.schizophrenia.on.ca)

Information specific to **suicide**: [www.suicideprevention.ca](http://www.suicideprevention.ca)

