



*Canadian Psychiatric
Research Foundation*

When Something's Wrong O

Ideas for Families

Resources



Resources

FOR MORE INFORMATION

Note: Please also see the individual sections in this handbook for additional resources that are more specific to each section topic.

211 Community Connection

In communities with 211, people trying to find help, give help or volunteer can call 211, and their call will be routed to the Information and Referral Centre delivering 211 in their area. This program is Canada-wide and helps callers connect with services such as day care, programs for people with disabilities, housing services, counselling services, language courses, recreational programs, educational opportunities, parenting classes, employment opportunities, rehabilitation information, and health services.

Phone: 211

Web: www.211.ca

911 (for emergencies)

If you are worried about your child's safety and do not feel you can keep him/her safe, take your child to the emergency department of your local hospital or call 911.

Phone: 911

American Academy of Child and Adolescent Psychiatry

(One of the most comprehensive, valid, and reliable organizations to access information in the area of mental health and mental illness)

3615 Wisconsin Avenue, N.W.

Washington, D.C. 20016-3007

Phone: (202) 966-7300

Web: www.aacap.org

American Psychiatric Foundation

1000 Wilson Blvd., Suite 1825

Arlington, VA 22209

Phone: (703) 907-8512

Toll-free: 1-888-35-PSYCH

E-mail: apf@psych.org

Web: www.psychfoundation.org

American Psychological Association

750 First Street, N.E.

Washington, DC 20002-4242

Phone: (202) 336-5500

Toll-free: 1-800-374-2721

TDD/TTY: (202) 336-6123*

Web: www.apa.org

RESOURCES

Resources

Association for Advancement of Behavior Therapy (AABT)

305 7th Avenue, 16th Floor

New York, NY 10001

Phone: (212) 647-1890

Web: www.aabt.org

Bullying.org

Bullying.org is a nonprofit Internet resource created to help people deal with the issue of bullying through the sharing of resources and the guiding of people towards non-violent solutions to the challenges and problems associated with bullying.

Web: www.bullying.org

Canadian Academy of Child and Adolescent Psychiatry

555 University Avenue

Toronto, ON M5J 1X8

Phone: (416) 813-6540

E-mail: elizabeth.manson@sickkids.on.ca

Web: www.canacad.org

Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)

403 – 2197 Riverside Drive

Ottawa, ON K1H 7X3

Phone: (613) 523-1348

Toll-free: 1-800-663-8708

E-mail: info@cahperd.ca

Web: www.cahperd.ca

Canadian Association of Social Workers

383 Parkdale Avenue, Suite 402

Ottawa, ON K1Y 4R4

Phone: (613) 729-6668

E-mail: casw@casw-acts.ca

Web: www.casw-acts.ca

Canadian Association of Speech-Language Pathologists and Audiologists

401 – 200 Elgin Street

Ottawa, ON K2P 1L5

Phone: (613) 567-9968

Toll-free: 1-800-259-8519

E-mail: caslpa@caslpa.ca

Web: www.caslpa.ca

Canadian Centre on Substance Abuse (CCSA)

Phone: (613) 235-4048

Web: www.ccsa.ca

RESOURCES

Resources

Canadian Counselling Association

116 Albert Street, Suite 702
Ottawa, ON K1P 5G3
Phone: (613) 237-1099
Toll-free: 1-877-765-5565
E-mail: info@ccacc.ca
Web: www.ccacc.ca

Canadian Health Network

(Web site designed to help people find excellent resources from non-profit health information providers across Canada, as well as key international resources)
Web: www.canadian-health-network.ca

Canadian Institute of Child Health

384 Bank Street, Suite 300
Ottawa, ON K2P 1Y4
Phone: (613) 230-8838
E-mail: cich@cich.ca
Web: www.cich.ca

Canadian Mental Health Association

8 King Street East, Suite 810
Toronto, ON M5C 1B5
Phone: (416) 484-7750
E-mail: info@cmha.ca
Web: www.cmha.ca

Canadian Paediatric Society

This organization's Web site has a section for professionals, as well as an entire section for parents called "Caring for Kids" with a comprehensive amount of health information, including a section on finding a doctor.
Address: 100-2204 Walkley Road
Ottawa ON K1G 4G8
Phone: (613) 526-9397
E-mail: info@cps.ca
Web: www.cps.ca

Canadian Pharmacists Association

1785 Alta Vista Drive
Ottawa, ON K1G 3Y6
Phone: (613) 523-7877
Toll-free: 1-800-917-9489
E-mail: info@pharmacists.ca
Web: www.pharmacists.ca

Resources

Resources

Canadian Psychiatric Association

141 Laurier Ave. West, Suite 701

Ottawa, ON K1P 5J3

Phone: (613) 234-2815

E-mail: cpa@cpa-apc.org

Web: www.cpa-apc.org

Canadian Psychiatric Research Foundation (CPRF)

(author of this handbook)

2 Carlton Street, Suite 1007

Toronto, ON M5B 1J3

Phone: (416) 351-7757

E-mail: admin@cprf.ca

Web: www.cprf.ca

Canadian Psychological Association

141 Laurier Avenue West, Suite 702

Ottawa, ON K1P 5J3

Phone: (613) 237-2144

Toll-free: 1-888-472-0657

Web: www.cpa.ca

Canadian Public Health Association

400 – 1565 Carling Avenue

Ottawa, ON K1Z 8R1

Phone: (613) 725-3769

E-mail: info@cpha.ca

Web: www.cpha.ca

Centre for Addiction and Mental Health (CAMH)

Phone: (416) 535-8501 (main switchboard)

Web: www.camh.net

Council of Canadian Child and Youth Care Associations

Web site: www.cyccanada.ca

FAS Community Resource Center

(Informational Web site about Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorders)

Web: www.come-over.to/FASCRC

FASlink

(Fetal Alcohol Syndrome information, support and communications Web site – Canadian)

Web: www.faslink.org

Fetal Alcohol Syndrome Meetup

(Online organization that connects you with people in your community concerned with Fetal Alcohol Syndrome)

Web: fas.meetup.com

RESOURCES

Resources

BOOK: Got Issues Much? Celebrity Teens Share Their Traumas and Triumphs (Randi Reisfeld, Marie Morreale, Scholastic, 1999).

Health Canada

Health Canada publishes many resources on a large variety of health-related topics including childhood illness and disease, education, family issues, parenting tips, school health, food, and injury prevention. Call the Health Canada national office or visit Health Canada online for more information and to be connected to your regional office.

Address: Health Canada

A.L. 0900C2

Ottawa, ON K1A 0K9

Phone: (613) 957-2991

TTY: 1-800-267-1245*

E-mail: info@hc-sc.gc.ca

Web: www.hc-sc.gc.ca

Homewood Health Centre

150 Delhi Street

Guelph, ON N1E 6K9

Phone: (519) 824-1010

Web: www.homewood.org/healthcentre

KidsHaveStressToo

c/o The Psychology Foundation of Canada

480 University Avenue, Suite 1100

Toronto, ON M5G 1V2

Phone : (416) 486-0099

E-mail: kidsstress@psychologyfoundation.org

Web: www.kidshavestresstoo.org

Kids Help Phone

Kids Help Phone provides young people with counselling over the phone or online, a place where they can express themselves and ask questions and where they can find out more information on issues they face. Call **1-800-668-6868** or visit the Web site at www.kidshelphone.ca. The service is available 24-hours a day and is completely anonymous and confidential.

Learning Disabilities Association of Canada

323 Chapel Street

Ottawa, ON K1N 7Z2

Phone: (613) 238-5721

Web: www.ldac-taac.ca

Resources

Resources

medbroadcast.com

medbroadcast.com is a comprehensive, consumer-oriented online Canadian medical resource and includes an entire section on drugs and support groups.

Web: www.medbroadcast.com

MedTerms.com

This site offers a free online medical dictionary that contains explanations for more than 10,000 medical terms, including definition sections for diseases and conditions, symptoms and signs, procedures and tests, and medications.

Web: www.medterms.com

Meetup

Meetup is a global online organization that facilitates local gatherings of groups of people brought together by a common interest. Look for topics and groups in your city, or register to start your own.

Web: www.meetup.com

The Nation's Voice on Mental Illness (NAMI)

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

Phone: (703) 524-7600

Toll-free: 1-800-950-NAMI (6264)

TDD: (703) 516-7227*

Web: www.nami.org

Web (for NAMI's Child and Adolescent Action Centre):

www.nami.org/youth

BOOKLET: Parents and Teachers as Allies, Recognizing Early-onset Mental Illness in Children and Adolescents, Second Edition, 2003. NAMI, The Nation's Voice on Mental Illness.

This booklet can be obtained from NAMI by calling (703) 524-7600. NAMI's Web site is www.nami.org, for further information.

National Institute of Mental Health (NIMH)

6001 Executive Boulevard, Room 8184, MSC 9663

Bethesda, MD 20892-9663

Phone: (301) 443-4513

Toll-Free: 1-866-615-NIMH (6464)

Web: www.nimh.nih.gov

Resources

National Organization on Fetal Alcohol Syndrome

900 17th Street, N.W., Suite 910
Washington, DC 20006
Phone: (202) 785-4585
Web: www.nofas.org

Nonverbal Learning Disorders Association

2446 Albany Avenue
West Hartford, CT 06117
Phone: (860) 570-0217
E-mail: NLDA@nlda.org
Web: www.nlda.org

Parentbooks

201 Harbord Street, Toronto, ON M5S 1H6
Phone: (416) 537-8334
Toll-free: 1-800-209-9182
E-mail: info@parentbooks.ca
Web: www.parentbooks.ca

Parent Help Line

Parent Help Line offers parents and caregivers access to information, support and referral 24 hours a day, 365 days a year. It's anonymous, bilingual and free from anywhere in Canada. Help can be obtained online or over the phone. Call **1-888-603-9100** or visit the Web site at www.parentsinfo.sympatico.ca. Information can also be shared with other parents and caregivers through the "Online Community."

PsychDirect – Evidence Based Mental Health Education & Information

PsychDirect is a Canadian public education Web site of the Department of Psychiatry & Behavioural Neuroscience, McMaster University, Hamilton, Ontario.
E-mail: admin@psychdirect.com
Web: www.psychdirect.com

The Psychology Foundation of Canada

The Psychology Foundation of Canada addresses the underlying causes of problems affecting mental well-being through research and development of proactive programs that can be implemented in local communities across Canada. Two of these programs include a series of "Parenting for Life" booklets and a program called "Kids Have Stress Too!"
Address: 2 St. Clair Avenue East, Suite 800
Toronto, ON M4T 2T5
Web: www.psychologyfoundation.org and
www.kidshavestresstoo.org

Resources

R. Samuel McLaughlin Information Centre

This centre provides both information and support on addiction and mental health issues, for both young people and adults.

Phone: (416) 595-6111 (in Toronto)

Toll-free: 1-800-463-6273

E-mail: mclaughlininformation@camh.net

Web: www.camh.net/McLaughlin

Schoolfile

This organization finds, catalogues and stores information pertinent to education and health. Partners include the Canadian Association for School Health and Health Canada.

Address: 16629 – 62A Avenue

Surrey, BC V3S 9L5

Phone: (604) 575-3199

E-mail: schoolfile@schoolfile.com

Web: www.schoolfile.com

School Psychology Resources Online

School psychology resources for psychologists, parents and educators, and research learning disabilities, AD/HD, functional behavioural assessment, autism, adolescence, parenting, psychological assessment, special education, mental health, and more.

Web: www.schoolpsychology.net

Final Notes:

Remember that many of the above-listed organizations can direct you to local offices, resources, and services.

Most communities prepare a directory of local community agencies and services to help families. It is often found in a “Blue Book” or on a Web site.

* A TDD/TTY is a special device that lets people who are deaf, hard of hearing, or speech-impaired use the telephone to communicate, by allowing them to type messages back and forth to one another instead of talking and listening.

A TDD/TTY is required at both ends of the conversation in order to communicate.

There are many resources available for the topics addressed in this handbook, and those listed in this handbook are only a selection of suggestions. Resources listed in this handbook are not necessarily endorsed by the Canadian Psychiatric Research Foundation, and their use should not replace a professional diagnosis by a health care practitioner. These resources should, however, help you and your family to learn more about what you may be dealing with, and to get the help that you need.



*Canadian Psychiatric
Research Foundation*

For further information
or to donate, contact:

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