

## APPENDIX C

# ADDITIONAL MENTAL HEALTH RESOURCES

## 1. CRISIS RESOURCES

If a critical situation arises, attend your nearest hospital emergency department or call emergency services.

### CRISIS LINES

If you are considering suicide or are concerned about someone who may be, crisis lines are free, anonymous, confidential, and available 24/7. Look online to find the crisis lines in your area.

## 2. GENERAL INFORMATION

**World Health Organization:** [www.who.int/mental\\_health/en/](http://www.who.int/mental_health/en/)

WHO's work to improve the mental health of individuals and society at large includes the promotion of mental well-being, the prevention of mental disorders, the protection of human rights and the care of people affected by mental disorders.

**Here to Help:** [www.heretohelp.bc.ca/](http://www.heretohelp.bc.ca/)

Mental health and substance use information you can trust. This site provides help for individuals, families and professionals, along with self-screening, information sheets, general resources, quick links and news updates.

**The Canadian Mental Health Association:** <https://cmha.ca/>

A Canada-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

**MindHealthBC: [www.mindhealthbc.ca](http://www.mindhealthbc.ca)**

A self-screening tool for a variety of mental health concerns, it provides relevant and trustworthy information and support options including online and in-person services.

**The Journal: <https://depression.org.nz/>**

The Journal offers general information and a free, personalized online program to help you improve your mental health.

**The Lowdown: <https://thelowdown.co.nz/>**

Sometimes life's ups and downs are more than just the usual ups and downs. The aim of this resource is to help young people figure out if it could be anxiety or depression.

**Kelty Mental Health: <http://keltymentalhealth.ca/>**

Information and resources on a wide range of mental health and substance use issues affecting children and youth.

## 3. IMPROVING YOUR MENTAL HEALTH

**Mental Health Online (Australia):**

**<https://www.mentalhealthonline.org.au/>**

Mental Health Online provides comprehensive and effective online services and programs free of charge. FREE self-assessment, guided online treatment and access to eTherapists. Various 12-week programs are available.

**WalkAlong (Canada): <http://walkalong.ca/>**

This site provides mental health support for youth in Canada, and was developed by Dr. Fiona Choi and her research team. Dr. Fiona Choi serves as a strategic advisor to Sanctuary.

**Bounce Back (CMHA) (BC/Canada):**

**<http://www.cmha.bc.ca/programs-services/bounce-back/>**

Bounce Back is an evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression or anxiety. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. DVD, telephone coaching and online program available.

**moodgym (Australia): <https://moodgym.com.au/>**

moodgym is an interactive self-help book that helps you learn and practice skills which can help prevent and manage symptoms of depression and anxiety.

## 4. APPS FOR IMPROVING YOUR MENTAL HEALTH

**MindShift:** [www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app)

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

**Headspace:** [www.headspace.com](http://www.headspace.com)

Mindfulness and meditation made simple.

**CalmKeeper:** <https://calmkeeperapp.com/>

Designed by clinical psychologists, CalmKeeper helps you build skills to manage moments of stress and uncertainty. This app helps you manage panic attacks as they happen.

**What's Up?**

Get it on the App Store: <https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

Get it on Google Play: [https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en_CA)

This app uses Cognitive Behavioral Therapy methods for coping with depression, anxiety, anger and stress.

**thinkFull:** <https://thinkfull.ca/>

thinkFull helps you manage your stress to enrich your life.

**Booster Buddy:**

[www.viha.ca/cyf\\_mental\\_health/boosterbuddy.html](http://www.viha.ca/cyf_mental_health/boosterbuddy.html)

Booster Buddy is a free app to help young people improve their mental health.

## 5. CAMPAIGNS

**Heads Together (UK):** [www.headstogether.org.uk](http://www.headstogether.org.uk)

A campaign coordinated by The Royal Foundation which is changing the conversation about mental health in the UK.

**RUOK? (Australia):** [www.ruok.org.au](http://www.ruok.org.au)

RUOK?'s vision is a world where we're all connected and are protected from suicide. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

**Jack.org (Canada): [www.jack.org](http://www.jack.org)**

Through Jack Talks, Jack Chapters, and Jack Summits, young leaders identify and dismantle barriers to positive mental health in their communities. Jack.org is working towards a Canada where all young people understand how to take care of their own mental health and look out for each other. A Canada without shame, where all those who need support get the help they deserve.

**All Right (New Zealand): <https://allright.org.nz/>**

A campaign forged in the wake of the Canterbury earthquake of 2013 to support the recovery of mental health following this natural disaster.

## 6. FURTHER TRAINING

**Mental Health First Aid Canada: <https://www.mhfa.ca/>**

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved. To become a mental health first aider, locate a course on the MHFA website or contact Sanctuary Mental Health Ministries ([support@sanctuarymentalhealth.org](mailto:support@sanctuarymentalhealth.org)).

## 7. FAITH-BASED RESOURCES

**Grace Alliance (USA): <http://mentalhealthgracealliance.org/>**

Providing tools to empower the church to build innovative and simple mental health support.

**Hope for Mental Health (USA): <http://hope4mentalhealth.com>**

The Hope for Mental Health Ministry extends the radical friendship of Jesus by providing transforming love, support and hope through the local church.

**Mental Health Ministries (USA):**

**[www.mentalhealthministries.net](http://www.mentalhealthministries.net)**

Mental Health Ministries was started by a United Methodist Minister who lives with depression and had a vision of producing high quality resources to reduce the stigma of mental illness in our faith communities.

**Mind and Soul Foundation (UK):**

**[www.mindandsoulfoundation.org](http://www.mindandsoulfoundation.org)**

Mind and Soul Foundation aims to educate, through sharing the best of Christian theology and scientific advances; equip, helping people meet with God and recover from emotional distress; and encourage, engaging with the local church and mental health services.

### **Mental Health Access and Assessment Pack (UK):**

<http://www.mentalhealthaccesspack.org/>

A reliable, Christian-based resource which presents the facts on key mental health issues—all in one place. The site also points you to other trusted organizations, including Christian charities working in this field.

## **8. BOOK RECOMMENDATIONS**

- *Psychosis and Spirituality*, Isabel Clarke
- *Connecting*, Larry Crabb
- *Living Outside Mental Illness*, Larry Davidson
- *The Church Leader's Counseling Resource Book*, Cynthia Franklin and Rowena Fong
- *Darkness is My Only Companion*, Kathryn Greene-McCreight
- *Be Held*, Sue Nickel
- *The Inner Voice of Love*, Henri J.M. Nouwen
- *Making Room: Recovering Hospitality as a Christian Tradition*, Christina Pohl
- *Souls in the Hands of a Tender God*, Craig Rennebohm
- *Troubled Minds: Mental Illness and the Church's Mission*, Amy Simpson
- *Resurrecting the Person*, John Swinton
- *Spirituality and Mental Health Care: Rediscovering a Forgotten Dimension*, John Swinton
- *I'm Not Supposed to Feel Like This: A Christian Approach to Coping with Anxiety and Depression*, Chris Williams, Paul Richards and Ingrid Whitton
- *How Do I Help a Hurting Friend?* Rod J.K. Wilson

## **9. MANUALS**

"Mental Illness and Families of Faith: The Challenge and the Vision, How Congregations Can Respond," by Susan Gregg Schroeder. Available at [http://www.mentalhealthministries.net/resources/study\\_guide/mental\\_illness\\_study\\_guide.pdf](http://www.mentalhealthministries.net/resources/study_guide/mental_illness_study_guide.pdf)