

On-line Resources – Self-Help and Informative Websites

Some people prefer not to call crisis lines or talk to somebody on the phone, however would seek alternate help for emotional support. E-mental health includes live chat, texting, e-mail, social media, apps, and peer support. The following is a list of some of the available on-line and self-help resources.

Western Health – www.westernhealth.nl.ca/mha

This website includes a link to a video developed by the Suicide Prevention Awareness Committee (SPAC). The video hopes to send a powerful message to viewers about suicide and its impact. It promotes the key messages of knowing the warning signs and where to get help as the main ways to prevent suicide. The website also includes links to other websites, suicide prevention resources, and print materials, as well as information on how to request copies.

CHANNAL – www.channal.ca

Consumers' Health Awareness Network Newfoundland & Labrador (CHANNAL) is the only consumer-led mental health organization in the province. They are a provincial non-profit organization that exists to build and strengthen a self-help network among individuals who live with mental health issues. They provide online and face to face supports.

Virtual Peer Support Group - Mondays, 7:00 – 9:00 p.m.

Online Chat Room and Discussion Forum

Twitter: @ChANNAL_NL

facebook

Kids Help Phone – www.kidshelpphone.ca

Kids Help Phone is piloting on-line support through e-counselors and chat rooms. Canadian site for youth up to age 20. It is available Thursday – Sunday from 7:30 pm – 1:00 am

Canadian Association for Suicide Prevention – www.suicideprevention.ca

The Canadian Association for Suicide Prevention (CASP) provides information and resources to reduce the suicide rate and minimize the harmful consequences of suicidal behavior.

Twitter: @CASP_CA

Facebook

The Centre for Suicide Prevention (CSP) – <https://suicideinfo.ca/>

CSP is a branch of the Canadian Mental Health Association. Their services are for caregivers, survivors, researchers, professionals and community members and include: an active Twitter feed, training workshops, online courses, webinars, literature scans and reviews, library database access, lending library and knowledge translation publications.

Twitter: @cspyyc

Mental Health Commission of Canada – www.mentalhealthcommission.ca

MHCC Collaborative Spaces: This area is targeted to stakeholders and is intended to be an online repository and conversation place for mental health in Canada. Registered users can discuss with the community and share links to articles, documents, pictures and videos. They can also bring attention to events and activities happening around the world and view them by various mental health topics.

Twitter: @MHCC_

Facebook

Unsuicide – unsuicide@wikipi.com

Unsuicide is an on-line suicide help directory. This is International website that is included in the MHCC Collaborative Spaces page on their website.

Mind Your Mind – www.mindyourmind.ca

This site is geared towards youth and young adults. The website includes links to interactive resources on coping, stress busters, getting help, and information on mental health issues. Mind Your Mind is also the publisher of iCopeU, mindyourmindpro, mytoolkit, IGetReal, and mindBytes. All have self-help links on their websites.

Twitter: @mindyourmind_ca

Facebook

Youtube

Mood Disorders Society of Canada – www.mooddisorderscanada.ca

Mood Disorders Society of Canada (MDSC) is a national, not for profit, consumer driven, voluntary health charity committed to ensuring that the voices of consumers, family members, and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness, and other associated mood disorders.

Discussion Forum: By joining the MDSC Discussion Forum individuals can ask questions, read about how others are living with and managing mood disorders, connect with people by sharing their experience and offering their support.