

Family Mental Health Web Resources

Disclaimer: The links below provide information and resources that may be useful to clients, family members, or the general public in understanding and coping with mental health issues. These self-help resources are offered as a convenience to the public, however these sites are not created or maintained by Ross Memorial Hospital and they have no connection to the hospital. Ross Memorial Hospital is not responsible for the information contained in these sites, and views expressed on these sites do not necessarily represent the views, policies, or official position of the hospital. The recommendations contained in self-help resources should always be used cautiously, as they may not pertain exactly to your specific situation. These self-help resources are not a substitute for the services of a qualified mental health counsellor, therapist, psychiatrist or physician. Individuals requiring the services of a mental health professional should contact the hospital by calling our Central Intake line at: 705-328-6064, or if they are experiencing a mental health crisis, they can go directly to the Emergency Department at Ross Memorial Hospital, or contact Four County Crisis at: 1-866-995-9933.

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Assertive Communication

* [Resolving Conflict Effectively and Constructively](#)

Couple Communication

- * [Couple Talk: Enhancing Your Relationship, An Informal Personal Study Course](#)
- * [Improving Couples' Communication Can We Talk?](#)
- * [Communication Strategies for Adult Couples](#)

Divorce

- * [Ontario Ministry of the Attorney General Family Justice Matters](#)
- * [Divorce Magazine](#)
- * [Shared Custody: Increasing Benefits and Reducing Strain](#)
- * [Surviving Infidelity \(an online support group\)](#)
- * [Children and Divorce \(AAMFT Consumer Update\)](#)

Marriage Enrichment

- * [Creating a Strong and Satisfying Marriage](#)
- * [Long Lasting Marriages, Why Do They Survive?](#)

Parenting

- * [Ontario Early Years Centre – Haliburton, Victoria, Brock](#)
- * [Kids Help Line](#)
- * [CanadianParents.com](#)
- * [Child & Family Web Guide](#)
- * [Child Development and Parenting Info](#)
- * [Parenting Adolescents](#)

- * [Parent-Teen.com Magazine](#)
- * [Today's Parent Magazine](#)
- * [Stay at Home Dads](#)
- * [Busy Parents](#)
- * [Parent Action on Drugs](#)
- * [Using Discipline Constructively](#)
- * [Listening to Your Children](#)
- * [Developing Personal Identity](#)
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- * [Managing Children's TV Habits](#)
- * [Dealing with Problem Behaviour](#)
- * [Learning Through Play and Fantasy](#)
- * [Children's Individuality](#)
- * [Knowing Your Children](#)
- * [Learning to Cope with Death](#)

Premarital/Marriage Preparation

- * [Enrich Canada](#)
- * [Marriage Preparation \(AAMFT Consumer Update\)](#)
- * [RELATE Institute Online Premarital Questionnaire](#)

- * [Premarital Agreements](#)

Self Esteem

- * [National Association for Self-Esteem](#)

Step-Families

- * [Stepfamily Association of America](#)
- * [Stepfamily Network](#)
- * [Step Together](#)

Aging

- * [Alzheimer Society of Canada](#)
- * [Alzheimer's Disease \(AAMFT Consumer Update\)](#)
- * [Caregiving for the Elderly \(AAMFT Consumer Update\)](#)
- * [Suicide in the Elderly \(AAMFT Consumer Update\)](#)
- * Alzheimer Society of Ontario

Anxiety

- * [Anxiety Treatment and Research Centre, McMaster University](#)
- * [Panic Disorder \(AAMFT Consumer Update\)](#)
- * [Anxiety Disorders Association of America](#)

Attention Deficit Hyperactivity Disorder (ADHD)

- * [Learning Disabilities Association of Peterborough & Kawartha Lakes](#)
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<http://www.rmh.org/index2.php>

- * [Children and Adults with Attention Deficit Disorder \(Canada\)](#)
- * [Attention Deficit Hyperactivity Disorder \(AAMFT Consumer Update\)](#)
- * [Children and Adults with Attention Deficit Disorder \(USA\)](#)
- * [Attention Deficit Disorder Association](#)

Bipolar Disorder

- * [Mood Disorders Association of Ontario](#) (has online support forums for patients and families)
- * [Mood Disorders Society of Canada](#) (has online support forums for patients and families)
- * [The Organization for Bipolar Affective Disorders](#)
- * [Depression and Bipolar Support Alliance](#) (has online support forums for patients and families)
- * [Bipolar Disorder Today](#)
- * [Treatment of Bipolar Disorder: A Guide for Patients and Families](#)
- * [Child and Adolescent Bipolar Foundation](#)

Brain Injury

- * [Four Counties Brain Injury Association](#)
- * [Ontario Brain Injury Association](#)
- * [Brain Injury Association of America](#)

Cognitive Therapy

- * [MoodGym, an interactive, cognitive-behavior focused website developed by the Australian National University](#)

- * [Schema Therapy. Web site for Jeffrey Young's Schema Therapy approach](#)

Depression

- * [Mood Disorders Association of Ontario](#) (has online support forums for patients and families)
- * [Mood Disorders Society of Canada](#) (has online support forums for patients and families)
- * [Families for Depression Awareness](#)
- * Seasonal Affective Disorder
- * [Depression \(AAMFT Consumer Update\)](#)
- * [Depression Today](#)
- * [Depression and Bipolar Support Alliance](#)

Eating Disorders

- * [Ontario Community Outreach Program for Eating Disorders](#)
- * [National Eating Disorder Information Centre](#)
- * [Eating Disorders \(AAMFT Consumer Update\)](#)

Learning Disabilities

- * [Learning Disabilities Association of Peterborough & Kawartha Lakes](#)
- * [LDonline](#)
- * [Learning Disabilities Association of Ontario](#)
- * [Learning Disabilities Association of Canada](#)

Mental Health and Family Problems - General Information

- * [Ross Memorial Hospital Mental Health Program](#)

- * [Parent's Lifelines of Eastern Ontario](#)

- * [Centre for Addiction and Mental Health](#)

- * [Centre for Addiction and Mental Health – Online Tutorials for Clients](#)

- * [Canadian Mental Health Association, Ontario](#)

- * [Canadian Mental Health Association \(National\)](#)

- * [Families for Depression Awareness](#)

- * [AAMFT's Consumer Update Brochures on Families and Health](#)

- * [American Academy of Child and Adolescent Psychiatry - Facts for Families](#)

- * [Mental Health Service Information Ontario](#)

- * [Dr. Grohol's PsychCentral](#)

- * [National Alliance for the Mentally Ill](#)

- * [National Institute of Mental Health](#)

- * [Family Association for Mental Health Everywhere \(F.A.M.E.\)](#)

- * [Helpguide](#)

- * [Canadian Health Network](#)

Mental Health Problems in Children

- * [Chimo Youth and Family Services](#)

- * [Tourette Syndrome Foundation of Canada](#)
- * [Autism Society of Ontario](#)
- * [Mental Illness in Children \(AAMFT Consumer Update\)](#)
- * [Child & Adolescent Bipolar Foundation](#)

Obsessive Compulsive Disorder

- * [Ontario Obsessive Compulsive Disorder Network](#)
- * [Obsessive Compulsive Disorder \(AAMFT Consumer Update\)](#)
- * [Hair Pulling, Skin Picking and Biting: Body Focused Repetitive Disorders \(AAMFT Consumer Update\)](#)
- * [Obsessive-Compulsive Disorder: A Guide for Patients and Families](#)
- * [Obsessive Compulsive Foundation](#)

Personality Disorders

- * [Borderline Personality Disorder \(AAMFT Consumer Update\)](#)
- * [Borderline Personality Disorder Information and Support](#)
- * [National Educational Alliance for Borderline Personality Disorder\(NEA-BPD\)](#)
- * [Borderline Personality Disorder Today](#)
- * [Narcissistic Personality Disorder Today](#)
- * [The Biology of Borderline Personality Disorder](#)
- * [BPD Sanctuary](#)
- * [Borderline Personality Disorder Research Foundation](#)

- * [Schema Therapy](#)
- * [Helen's World of BPD Resources](#)

Schizophrenia

- * [Schizophrenia Society of Ontario](#)
- * [Schizophrenia Society of Ontario – Facts for Families Brochures](#)
- * [Schizophrenia Society of Ontario – Strengthening Families Together Online Video Program](#)
- * [Schizophrenia Society of Canada](#)
- * [Schizophrenia Society of Canada – Rays of Hope, manual for families and caregivers](#)
- * [Schizophrenia \(AAMFT Consumer Update\)](#)
- * [Schizophrenia Today](#)
- * [Schizophrenia: A Guide for Patients and Families](#)

Sexual Abuse

- * [Recovery Canada](#)
- * [Childhood Sexual Abuse \(AAMFT Consumer Update\)](#)
- * [Male Survivor](#)
- * [Healing Journey](#)
- * [The Wounded Healer Journal](#)

Sexuality/Sexual Identity

- * [Rainbow Service Organization](#)

- * [Male Sexual Problems \(AAMFT Consumer Update\)](#)
- * [Female Sexual Problems \(AAMFT Consumer Update\)](#)
- * [Gay and Lesbian Youth \(AAMFT Consumer Update\)](#)
- * [Infertility \(AAMFT Consumer Update\)](#)

Sexual and Internet Addiction

- * [Sex Addicts Anonymous](#)
- * [Sexaholics Anonymous](#)
- * [Sexual Compulsives Anonymous](#)
- * [Sexual Recovery Anonymous](#)
- * [S-Anon](#) (for those close to a sex addict)

Stress

- * [Plain Talk About Handling Stress](#)
- * [Stress Management and Emotional Wellness Links](#)

Substance Abuse

- * [Ontario Drug and Alcohol Registry of Treatment \(DART\)](#)
- * [Centre for Addiction and Mental Health \(CAMH\)](#)
- * [Adolescent Substance Abuse \(AAMFT Consumer Update\)](#)
- * [Substance Abuse and Intimate Relationships \(AAMFT Consumer Update\)](#)
- * [Alcoholics Anonymous](#)

* [Narcotics Anonymous](#)

* [PAD Parent Action on Drugs](#)

Suicide

* [Four County Crisis](#)

* [Suicide Information & Education Centre](#)

* [Canadian Association for Suicide Prevention](#)

* [Suicidal Thoughts \(AAMFT Consumer Update\)](#)

* [Bereavement \(AAMFT Consumer Update\)](#)

* [Adolescent Self Harm \(AAMFT Consumer Update\)](#)

* [Suicide in the Elderly \(AAMFT Consumer Update\)](#)

* [Bereaved Families Online Support Center](#)

* [Suicide Prevention Resource Center](#)

Trauma

* [AAMFT Consumer Update on Post Traumatic Stress Disorder](#)

* [Post Traumatic Stress Disorder Today](#)

* [Post Traumatic Stress Disorder: A Guide for Patients and Families](#)

* [David Baldwin's Trauma Information Pages](#)

* [Foundation for Human Enrichment](#)

* [EMDR \(Eye Movement Desensitization Reprocessing\) Institute](#)

Women and Mental Health

- * [Postpartum Depression \(AAMFT Consumer Update\)](#)

- * [Infertility \(AAMFT Consumer Update\)](#)

- * [Postpartum Support International](#)

- * [American Menopause Foundation](#)