



Bringing  
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## Your Mental Health is as Important as your Physical Health.

The first step to good mental health is **SELF-CARE**.

- Eat well
- Exercise
- Get enough sleep
- Be mindful

**If you want to get more information on specific mental health topics, we aggregated different resources for you to use!**

### **APPS**

#### MENTAL HEALTH APPS

##### **Always There**

FREE

EN/FR

By Kids Help Phone

Allows you to chat with or call Kids Help Phone.

Android Store [https://play.google.com/store/apps/details?id=com.speakfeel.khp\\_en&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.speakfeel.khp_en&hl=en_CA)

iOS <https://apps.apple.com/ca/app/always-there/id579718991>

##### **MindShift**

FREE

EN/FR

By Anxiety Canada.

For coping with anxiety -- breathing exercises, a symptom checker to help rate your current anxiety, and steps to get you through difficult episodes or situations.

IOS and Android

<https://www.anxietycanada.com/resources/mindshift-cbt/>

North Shore Community Association

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**BoosterBuddy Mobile App** FREE EN

By Island Health Authority, British Columbia

BoosterBuddy is a free app designed to help teens and young adults improve their mental health.

Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

iOS, Android

<https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app>

**HealthyMinds App** FREE EN/FR

By the Royal Ottawa Mental Health Centre

Problem-solving tool to help youth and young adults deal with emotions and cope with the stresses you encounter both on and off campus.

iOS, Android

<http://healthymindsapp.ca>

**iSMART** FREE EN/FR

By the Centre for Studies on Human Stress (CSHS) at the University of Montreal.

Digital tool for helping better understand how you respond to stress and learn how to prevent and cope with stress.

iOS, Android

<https://centrexel.com/en/projects/ismart-en/>

**mood. (spelled "mood.")** FREE EN

By @ MindYourMind

Helps track daily mood and sleep patterns.

iOS, Android

<https://mindyourmind.ca/tools/mood-mindyourmind>

**Moodie** FREE EN

In partnership with the Mood Disorders Society of Canada (MDSC, mdsc.ca)

Tracks food intake, sleep, physical activity, and self-care; while motivating users to care about their mental and physical health. Designed to complement other mental health services -- users can give permission for professionals to view their mental health tracking data.

iOS, Android

<https://feelingmoodie.com>

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## ADDICTION APPS

### **Saying When**

FREE

EN

By the Centre for Addiction and Mental Health (CAMH) to cut down or quit alcohol.

IOS: <https://apps.apple.com/ca/app/saying-when-how-to-quit-drinking/id881678936>

Android: [https://play.google.com/store/apps/details?id=com.sayingwhencamh&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.sayingwhencamh&hl=en_US&gl=US)

### **Breaking Free from Substance Use**

FREE

EN/FR

Breaking Free Group

Online program along with companion app to help with substance use and recovery.

IOS: <https://apps.apple.com/ca/app/breaking-free-companion/id1180020202>

Android: [https://play.google.com/store/apps/details?id=com.bfappCompanion&hl=en\\_SG](https://play.google.com/store/apps/details?id=com.bfappCompanion&hl=en_SG)

## **VIDEOS**

We found mental health videos from different sources on Youtube. Watch them from our playlist!

[https://www.youtube.com/channel/UC6zaLC5\\_n8K9pD7Opt4eGsw/playlists](https://www.youtube.com/channel/UC6zaLC5_n8K9pD7Opt4eGsw/playlists)

## **PODCASTS**

We've compiled podcasts from different sources. Give it a listen on your favourite platform!

### **Anxiety Canada**

Our Anxiety Stories: Thriving with Anxiety

- 35 stories of people living and thriving with anxiety.

<https://www.anxietycanada.com/ouranxietystories/>

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### **Canadian Mental Health Association - Discovery College Kelowna (BC)**

“What Really Works?”

20 podcasts that cover topics such as anxiety and stress, self-care, the media, routines, pressure and perfection, and more. Listen to real experiences, humour and plenty of mental health tips.

<https://discoverycollegekelowna.com/what-really-works/>

### **CBC Radio 1**

- Mental Health Stigma in Small Towns

<https://www.cbc.ca/listen/live-radio/1-131-out-in-the-open/clip/15548087-the-stigma-around-mental-health-hard-overcome-live>

- Cyberbullying and How it Hurts your Mental Health

<http://cbc.ca/1.4677708>

- The Best Place to Reach Kids and Speak About Youth Mental Health - The Classroom

<http://www.cbc.ca/listen/shows/out-in-the-open/segment/15548088>

- How Precarious Housing Can Make Mental Health Challenges Worse

<https://www.cbc.ca/listen/live-radio/1-131-out-in-the-open/clip/15548086-how-precarious-housing-mental-health-challenges-worse>

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## **WEBSITES**

Here are websites with general information about different mental health topics.

### **Kids Help Phone**

<https://kidshelpphone.ca/>

- Read Youth Mental Health Stories on different topics

<https://kidshelpphone.ca/topic/youth-stories/>

### **Jack.org**

<https://jack.org/Home>

### **Be There, a resource from Jack.org**

[https://bethere.org/Home?\\_ga=2.211276886.2138589793.1616511786-2042588814.1616511786](https://bethere.org/Home?_ga=2.211276886.2138589793.1616511786-2042588814.1616511786)

### **Tel-Jeunes**

<https://www.teljeunes.com/Tel-jeunes-en>

### **Canadian Mental Health Association**

<https://cmha.ca/>

- Brochures

<https://cmha.ca/document-category/mental-health>

- Bounceback Program

<https://bounceback.cmha.ca/welcome/>

- From the Ontario Branch

<https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/>

### **Interligne**

<https://interligne.co/en/>

### **Anxiety Canada**

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>



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**Mind Your Mind - By Teens for Teens**

<https://mindyourmind.ca/>

**Youth Mental Health Canada**

<https://ymhc.ngo/>

- Downloadable brochures on many topics

<https://ymhc.ngo/resources/brochures/>

**Jeunes en tête**

<https://fondationjeunesentete.org/en/>

- Teen Toolkit

<https://fondationjeunesentete.org/en/teen-toolkit/>

**MediaSmarts** - Digital and Media Literacy

<https://mediasmarts.ca/>

**Wellness Together: You are not alone** - by the Government of Canada

<https://wellnesstogether.ca/en-CA/>

**Getting Better My Way** - Self Management Support Tool

<https://allermieux.criusmm.net/en/am-home/>

**Good Mental Health** - by the Quebec Government - <https://www.quebec.ca/en/health/advice-and-prevention/mental-health/maintaining-good-mental-health/>

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## If you need help, reach out!

- Info-Social **811 – option #2**
- Suicide Prevention Hotline **1-866-277-3553 (1-866-APPELLE)**
- Tel-Jeunes **Call: 1-800-263-2266 Text: 514-600-100**
- Kids Help Phone **Call: 1-800-668-6868 Text: 686868**

**If you or someone you know is in crisis, call 911 immediately or go to your nearest medical emergency department.**

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