

Prepared by: Reference Services, CAMH Library, Toronto, ON, Canada

This Guide offers:

- Tips for researching mental health related topics, and
- A selection of websites for young people to use for school projects and interactive learning.

See the online version of this resource for hotlinks to the Internet Sites @ http://www.camh.net/camh_library - Bibliographies & Guides.

Tips for School Projects

- Explore** the resources at your school or local public library, both the print and electronic library collections, which include 'licensed' resources the library has purchased for your use. The Internet should not be your only source of information.
- Plan** the terms to use when searching a topic. Use more than one way of expressing a topic. Think of synonyms, the singular & plural, different spellings, and broad and narrow terms. **Examples:**
- Mental Health or Mental Illness or Mental Disorder(s) or Psychiatric Disorder(s)
 - PTSD or Trauma
 - Mood Disorder(s) or Depression or Depressive Disorder
 - Eating Disorder(s) (Broad) or Anorexia (Narrow)
- Search** for articles through periodical and magazine collections which may include databases like CBCA (Canadian Business and Current Affairs), Expanded Academic Index and Canadian Periodical Index at your school or local public library. Often the full text will be available.

If you use the Public Internet for research, be sure to:

- Examine** websites exhaustively! Many web sites have full text documents, but it's easy to miss them. Always check out site maps, hyperlinks to publications and listed links to related organizations and resources.
- Select** 'Fresh' web pages and documents that are dated, sourced and referenced.
- Avoid** Websites produced by individuals or on-line stores.
Websites where there is no or incomplete information about the producer. The name, contact information and mission/purpose of the organization should be easy to find.

How to cite electronic documents:

For tips and FAQs on citing electronic references according to APA Style, see:
<http://www.apastyle.org/eleceref.html>

You may also want to check out:

CAMH's Curriculum Guide: Talking About Mental Illness (TAMI)
http://www.camh.net/education/Resources_teachers_schools/TAMI/index.html

Ramp (Toronto Public Library) <http://ramp.torontopubliclibrary.ca/#Home>
See **School Stuff** for homework help.

Other CAMH Library Resources http://www.camh.net/camh_library

Key Websites

These sites are a good starting point. Look for fact sheets on mental illness, specific mental disorders or mental health indicators, and other information sources ideal for school projects: Position Papers, Media Releases, Research Reports, Statistical Summaries, and Newsletter / Journal Articles.

BBC Mental Health UK
<http://www.bbc.co.uk/health/mental/index.shtml>
A web site of the British Broadcasting Corporation. Links to relevant news stories.

CAMH (Centre for Addiction and Mental Health) Canada
<http://www.camh.net>
Access CAMH's Journal of Gambling Issues and selected articles from CrossCurrents through <http://www.camh.net/publications/index.html>.
For **Ontario statistics** check out the CAMH Population Studies eBulletins.
Also see **Information about Mental Health**, readily accessible from the CAMH main page.

CANMAT (Canadian Network for Mood and Anxiety Treatments)
<http://www.canmat.org>

CHN (Canadian Health Network)
<http://www.canadian-health-network.ca>
A web site with a consumer health focus. Excellent for researching mental health issues related to aboriginal peoples, ethnic groups, and people with disabilities. Remember to check out the links to national and international resources!

CMHA (Canadian Mental Health Association) National Office
<http://www.cmha.ca>
See **Understanding Mental Illness** for fact sheets on various topics, some in multiple languages and other resources such as the Mental Illness Knowledge Test. There are also research reports on topics of national interest under **Public Policy**.

CMHA (Canadian Mental Health Association) **Ontario Division**
<http://www.ontario.cmha.ca>
An excellent resource for information on key topics for residents of Ontario. (See **About Mental Health**). In the **Policy and Research** section, find information on Ontario mental health legislation and mental health reform. Network Magazine is available online.

Health Canada
<http://www.hc-sc.gc.ca>
For a variety of resources, check out **Mental Health** through the A-Z Index.

Internet Mental Health Canada

<http://www.mentalhealth.com>

This web site has a very comprehensive collection of mental health information. Use the Index for an alphabetical subject list. Also includes a useful Glossary of terms.

MEDLINEplus US

<http://www.nlm.nih.gov/medlineplus>

A service of the U.S. National Library of Medicine. See **Mental Health and Behavior** under **Health Topics**. This web site also has an online encyclopedia and information about drugs and supplements.

Mood Disorders Society of Canada

<http://www.mooddisorderscanada.ca>

Access the book Quick Facts: Mental Illness and Addiction in Canada online.

NAMI (National Alliance for the Mentally Ill) US

<http://www.nami.org>

NAMI's mission is to eradicate mental illnesses and improve of the quality of life of those who are affected by mental illness, through education, support and advocacy. See the topics under **Inform Yourself**.

National Eating Disorders Information Centre Canada

<http://www.nedic.ca>

Provides resources on eating disorders and weight preoccupation. Take a look at the **Resource Library** for a series of articles and recommended books.

National Institute of Mental Health US

<http://www.nimh.nih.gov>

A web site covering mental health topics and statistics (under **Health and Outreach**), Track current research news in **Science News**.

National Mental Health Knowledge Exchange Network-KEN US

<http://www.mentalhealth.org>

Good for locating information on mental disorders, school violence, special populations, and discrimination/stigma. It also has a children's mental health section.

Schizophrenia Society of Canada

<http://www.schizophrenia.ca>

Statistics Canada

<http://www.statcan.ca>

This is a complex site and difficult to navigate. However, find the **Product Main Page** for the periodical Health Reports and scroll through the **Chronological Index** to find many relevant articles.

Suicide Information and Education Centre Canada

<http://suicideinfo.ca/>

Informative FAQ section on suicide in Canada and a source for suicide statistics.

The Virtual Office of the Surgeon General US

<http://www.surgeongeneral.gov>

Full text reports on mental health, children's mental health, and youth violence.

Multi Media Web Sites

The Infinite Mind

<http://infinitemind.com/mindprgm.htm>

The web site of National Public Radio show on the human mind. Requires Real Audio.

PBS Health & Medicine

http://www.pbs.org/science/science_health.html

A web site featuring PBS television programs such as Nova's Dying to be Thin. Requires Quick Time or Real Player.

Science Friday

<http://www.sciencefriday.com/pages/psych.html>

The web site of a weekly National Public Radio science show. You can listen to past Science Friday shows on psychological subjects. Requires Real Audio.

Web Sites for Young People

These sites may have....

Interactive resources.

Content developed by young people for peers.

Cyberisle Canada

<http://cyberisle.org>

Girl Power US For younger girls, ages 9-14

<http://www.girlpower.gov>

Go Ask Alice! US

<http://www.goaskalice.columbia.edu>

The health question and answer Internet service produced by Columbia University's Health Education Program.

Kids Help Phone Canada

<http://kidshelp.sympatico.ca>

See **Get Informed** and **Express Yourself**.

Ramp (Toronto Public Library) Canada

<http://ramp.torontopubliclibrary.ca/>

Select **Life Stuff**

University of Toronto Sexual Education & Peer Counselling Centre Canada

<http://sec.sa.utoronto.ca>

Promotes healthy sexuality and relationships; includes supportive information for gay, bisexual and lesbian youth.

Urge: Drugs, Sex, Stress, Stuff New Zealand

<http://www.urge.co.nz>

Virtual Party Ontario

<http://www.virtual-party.org>