

# Resources

# 12

## Outline

- Websites
- Online publications
- Books and booklets



## WEBSITES

### *Questions to ask about information on the Internet*

1. What is the purpose of the site? (check the “About” page for information).
2. Who created the material?
  - What credentials do the people have (academic, life experience)?
  - What are you told about the people who created the resource (e.g., do you know if they have anything to gain by publicizing a treatment)?
  - Who is sponsoring the website? Is there information about the role the sponsor played in developing the website content?
  - Is there information about how to contact the author or organization that developed the material?
3. Is the information credible?
  - What is the information on the website based on? Research? Expert opinion? Professional or personal experience? Personal stories are important, but they shouldn't be the only source.
  - Is information about the sources (e.g., author, publisher for books and journal articles; phone numbers and e-mail addresses for organizations) given? Sometimes information is taken out of context, so check the sources if possible.
  - Is there a list of other resources you can refer to? It's usually best to compare information from a number of different sources.
  - Does the site provide links to other websites? Although links don't guarantee credibility, a list of links to well-known, trusted websites is an indication that the website's creators are willing to have you check their information.
  - Are you encouraged to talk to other people, including doctors and other professionals?
  - Are other possible theories/explanations acknowledged?
  - If the information is describing a treatment, does it give some explanation of how and/or why it works? Does it mention risks or side-effects as well as benefits?
4. How recent is the information?
  - Each document should include the date that it was created and/or the date when it was last reviewed.

## Resources

### *Evaluating Information: Resources*

Intute: How to Evaluate an Internet-based Information Source  
[www.intute.ac.uk/healthandlifesciences/BIOME\\_Evaluation\\_Guidelines.doc](http://www.intute.ac.uk/healthandlifesciences/BIOME_Evaluation_Guidelines.doc)

DISCERN on the Internet  
<http://www.discern.org.uk/index.php>  
<http://www.discern.org.uk/index.php>

## General concurrent disorders

Centre for Addiction and Mental Health  
[www.camh.net](http://www.camh.net)

BC Partners for Mental Health and Addictions Information  
[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Internet Mental Health  
[www.mentalhealth.com](http://www.mentalhealth.com)

Dual Recovery Anonymous  
[www.draonline.org](http://www.draonline.org)

SAMHSA (Substance Abuse and Mental Health Services Administration)  
[www.samhsa.gov/index.aspx](http://www.samhsa.gov/index.aspx)

## General mental health

### CANADA

Canadian Mental Health Association (CMHA)  
[www.cmha.ca](http://www.cmha.ca)

Consent and Capacity Board (Ontario)  
[www.ccboard.on.ca](http://www.ccboard.on.ca)

PsychDirect  
[www.psychdirect.com](http://www.psychdirect.com)

### UNITED STATES

National Alliance on Mental Illness (NAMI)  
[www.nami.org](http://www.nami.org)

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Mental Health Information Center (SAMHSA)  
[www.mentalhealth.org](http://www.mentalhealth.org)

### INTERNATIONAL

Rethink (U.K.)  
[www.rethink.org](http://www.rethink.org)

## Anxiety

Anxiety Disorders Association of Canada  
[www.anxietycanada.ca](http://www.anxietycanada.ca)

Anxiety Disorders Association of America  
[www.adaa.org](http://www.adaa.org)

Obsessive Compulsive Foundation  
[www.ocfoundation.org](http://www.ocfoundation.org)

## Attention-deficit / hyperactivity disorder

National Resource Center on ADHD  
[www.help4adhd.org](http://www.help4adhd.org)

## Bipolar disorder

Moodswing.org  
[www.moodswing.org/index.shtml](http://www.moodswing.org/index.shtml)

## Depression

Mood Disorders Association of Ontario  
[www.mooddorders.on.ca](http://www.mooddorders.on.ca)

Depression and Bipolar Support Alliance  
[www.dbsalliance.org](http://www.dbsalliance.org)

## Resources

### Eating disorders

National Eating Disorder Information Centre  
[www.nedic.ca](http://www.nedic.ca)

### Schizophrenia and psychosis

Schizophrenia Society of Canada  
[www.schizophrenia.ca](http://www.schizophrenia.ca)

Psychosis Sucks (Fraser Valley Health Authority: Early Psychosis Intervention Program)  
[www.psychosissucks.ca/epi/](http://www.psychosissucks.ca/epi/)

EPPIC: Early Psychosis Prevention and Intervention Centre (Australia)  
[www.eppic.org.au](http://www.eppic.org.au)

PEEP: The Prevention and Early Intervention Program for Psychosis (London, ON)  
[www.pepp.ca](http://www.pepp.ca)

PSPOPS: Peer Support for Parents of Psychosis Sufferers  
[www.psychosissupport.com](http://www.psychosissupport.com)

Open the Doors (World Psychiatric Association)  
[www.openthedoors.com](http://www.openthedoors.com)

### General substance use

Al-Anon/Alateen  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alcoholics Anonymous  
[www.aa.org](http://www.aa.org)

Narcotics Anonymous  
[www.orscna.org](http://www.orscna.org)

Double Trouble in Recovery  
[www.doubletroubleinrecovery.org/index.htm](http://www.doubletroubleinrecovery.org/index.htm)

### CANADA

Alberta Alcohol and Drug Abuse Commission (AADAC)  
[www.aadac.com](http://www.aadac.com)

### UNITED STATES

National Institute on Drug Abuse (NIDA)  
[www.nida.nih.gov](http://www.nida.nih.gov)

Center for Substance Abuse Treatment (SAMHSA)  
[www.samhsa.gov/centers/csat2002/csat\\_frame.html](http://www.samhsa.gov/centers/csat2002/csat_frame.html)

Center for Substance Abuse Prevention (SAMHSA)  
[www.samhsa.gov/centers/csap/csap.html](http://www.samhsa.gov/centers/csap/csap.html)

National Clearinghouse on Alcohol and Drug Information (PrevLine)  
[www.health.org](http://www.health.org)

### Resources for families and caregivers

CMHA Ontario Division: Family Members and Caregivers Resource Centre  
[www.ontario.cmha.ca](http://www.ontario.cmha.ca)

Family Association for Mental Health Everywhere (FAME)  
[www.fameforfamilies.com](http://www.fameforfamilies.com)

### Recovery

Rethink  
[www.rethink.org/recovery/](http://www.rethink.org/recovery/)

WRAP  
[www.mentalhealthrecovery.com/](http://www.mentalhealthrecovery.com/)

Center for Psychiatric Rehabilitation (Boston University)  
[www.bu.edu/cpr/about/index.html](http://www.bu.edu/cpr/about/index.html)

### ONLINE PUBLICATIONS

Health Canada. *Best Practices: Concurrent Mental Health and Substance Use Disorders*.  
Available: [www.hc-sc.gc.ca/ahc-asc/pubs/drugs-drogues/bp\\_disorder-mp\\_concomitants/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/pubs/drugs-drogues/bp_disorder-mp_concomitants/index_e.html)

National Institute for Mental Health. *Medications for Mental Illness*.  
Available: [www.nimh.nih.gov/publicat/medicate.cfm](http://www.nimh.nih.gov/publicat/medicate.cfm)

## Resources

Expert Consensus Guidelines Series: Guides for Patients and Families.  
Available: [www.psychguides.com/pfg.php](http://www.psychguides.com/pfg.php).

Schizophrenia Society of Canada. *Learning about Schizophrenia: Rays of Hope*.  
Available: [www.schizophrenia.ca/famref/szref1.pdf](http://www.schizophrenia.ca/famref/szref1.pdf).

Substance Abuse and Mental Health Services Administration. *Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse Disorders and Mental Disorders*. Available: <http://alt.samhsa.gov/reports/congress2002/index.html>

## BOOKS AND BOOKLETS

### Anxiety

Burns, D.D. (1999). *Feeling Good: A New Mood Therapy*. New York: HarperCollins.

Copeland, M.E. (1998). *The Worry Control Workbook*. Oakland, CA: New Harbinger Publications.

Rector, N.A., Bartha, C., Kitchen, K., Katzman, M. & Richter, M. (2001). *Obsessive-Compulsive Disorder: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Rector, N.A., Bourdeau, D., Kitchen, K. & Joseph-Massiah, Li. (2005). *Anxiety Disorders: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

### Depression and bipolar disorder

Bartha, C., Parker, C., Thomson, C. & Kitchen, K. (1999). *Depressive Illness: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Bipolar Clinic Staff. (2000). *Bipolar Disorder: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Copeland, M.E. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, CA: New Harbinger Publications.

Dowling, C. (1993). *You Mean I Don't Have to Feel this Way? New Help for Depression, Anxiety and Addiction*. New York: Bantam Books.

Duke, P. & Hockman, G. (1993). *A Brilliant Madness: Living with Manic Depressive Illness*. New York: Bantam Books.

Elder, N. (1989). *Holiday of Darkness*. Toronto: Wall & Emerson.

Fieve, R. (1997). *Moodswing*. New York: Bantam Books.

Gold, M. (1995). *The Good News about Depression*. New York: Bantam Books.

Greenberger, D. & Padesky, C. (1995). *Mind over Mood: Change How You Feel by Changing the Way You Think*. New York: Guilford.

Healy, D. (2005). *Psychiatric Drugs Explained* (4th ed.). St Louis, MO: Elsevier.

Manning, M. (1996). *Undercurrents*. New York: HarperCollins.

Miklowitz, D.J. (2002). *The Bipolar Disorder Survival Guide: What You and Your Family Need to Know*. New York: Guilford.

Norden, M. (1995). *Beyond Prozac*. New York: HarperCollins.

Papolos, D. & Papolos, J. (1997). *Overcoming Depression*. New York: HarperCollins.

Preston, J. (1996). *You Can Beat Depression: A Guide to Recovery*. Atascadero, CA: Impact Publishers.

Redfield Jamison, K. (1997). *An Unquiet Mind*. New York: Random House.

Turkington, C. (1997). *Making the Prozac Decision: A Guide to Antidepressants*. Lowell House.

### FOR FAMILIES AND PARTNERS

Berger, D. & Berger, L. (1992). *We Heard the Angels of Madness: A Guide to Coping with Manic Depression*. New York: Quill.

Depaula, J.R. & Ablow, K. (1996). *How to Cope with Depression: A Guide for You and Your Family*. New York: Ballantine Books.

Gorman, J. (1998). *The Essential Guide to Psychiatric Drugs*. New York: St. Martin's Press.

Rosen, L.E. & Amador, X. (1996). *When Someone You Love Is Depressed*. New York: Fireside.

## Resources

### Schizophrenia

Blake, P., Collins, A.A. & Seeman, M. (2001). *Women and Psychosis: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Mueser, K.T. & Gingerich, S. (1994). *Coping with Schizophrenia: A Guide for Families*. Oakland, CA: New Harbinger Publications.

Torrey, E. (1995). *Surviving Schizophrenia: A Manual for Families, Consumers, and Providers*. New York: Harper Perennial.

### Substance Use

Herie, M., Godden, T., Shenfeld, J. & Kelly, C. (2007). *Addiction: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

### Trauma / Posttraumatic stress disorder

Allen, J.G. (1995). *Coping with Trauma: A Guide to Self-Understanding*. Washington, D.C.: American Psychiatric Press.

Copeland, M.E. & Harris, M. (2000). *Healing the Trauma of Abuse: A Women's Workbook*. Oakland, CA.: New Harbinger Publications.

Haskell, L. (2004). *Women, Abuse and Trauma Therapy*. Toronto: Centre for Addiction and Mental Health.

Matsakis, A. (1998). *Trust after Trauma: A Guide to Relationships for Survivors and Those Who Love Them*. Oakland, CA.: New Harbinger Publications.

Vermilyea, Elizabeth. (2000). *Growing beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress*. Baltimore, MD: The Sidran Press

Williams, M.B. & Poijula, S. (2002). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications.