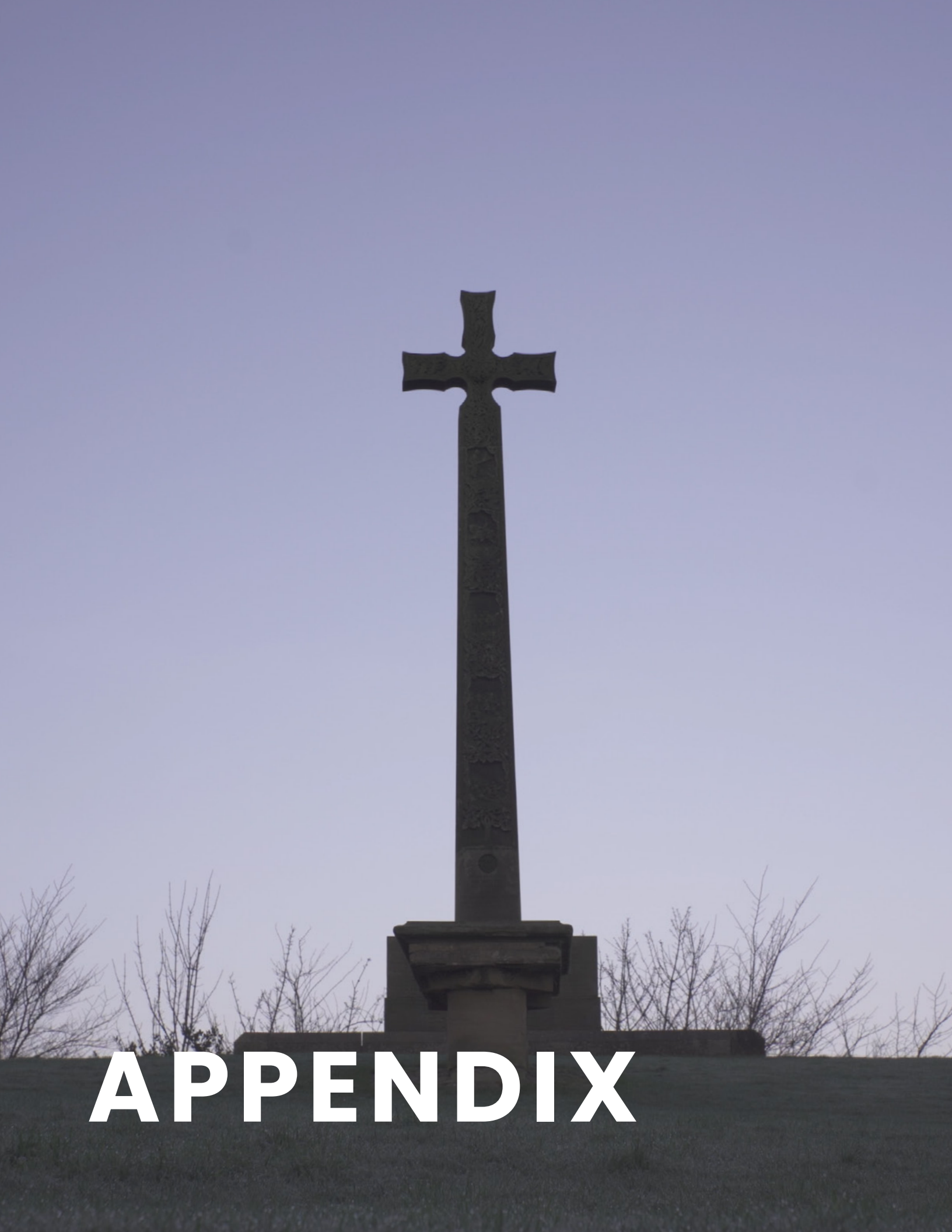




APPENDIX

APPENDIX

ADDITIONAL MENTAL HEALTH RESOURCES

EMERGENCY RESOURCES

If a critical situation arises, attend your nearest hospital emergency department or call your local emergency number.

Australia:	000
Canada:	911
European Union:	112
New Zealand:	111
United States:	911
United Kingdom:	999

CRISIS LINES

If you are considering suicide or are concerned about someone who may be, crisis lines are free, anonymous, confidential, and available 24/7.

Australia:	13 11 14 (Lifeline)
Canada:	1-800-784-2433/1-800-SUICIDE (British Columbia) 1-833-456-4566 (Crisis Services Canada)
New Zealand:	1737 (National Mental Health and Addictions Helpline) 0800-543-354 (Lifeline Aotearoa)
United Kingdom:	116 123 (Samaritans)
United States:	1-800-273-8255 (National Suicide Prevention Lifeline)

GENERAL INFORMATION

Head to Health: <https://headtohealth.gov.au/>

“Head to Health can help you find digital mental health services from some of Australia’s most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.”

SANE Australia: <https://www.sane.org/>

“SANE Australia is a national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy. Their website offers a free help centre, online forums and peer support, mental health resources, and more.”

Beyond Blue: <https://www.beyondblue.org.au/>

“We promote good mental health. We create change to protect everyone’s mental health and improve the lives of individuals, families and communities affected by anxiety, depression and suicide.”

headspace: <https://headspace.org.au/>

“We work with young people to provide support at a crucial time in their lives—to help get them back on track and strengthen their ability to manage their mental health in the future. headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.”

Here to Help: www.heretohelp.bc.ca/

“This Canadian organization offers mental health and substance use information you can trust. The site provides help for individuals, families, and professionals, along with self-screening, information sheets, general resources, quick links, and news updates.”

The Canadian Mental Health Association: <https://cmha.ca/>

“A Canada-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.”

MindHealthBC: www.mindhealthbc.ca

“A self-screening tool for a variety of mental health concerns, it provides relevant and trustworthy information and support options, including online and in-person services.”

Kelty Mental Health: <http://keltymentalhealth.ca/>

“Information and resources from the BC Children’s Hospital on a wide range of mental health and substance use issues affecting children and youth.”

Mental Health Foundation (NZ): <https://www.mentalhealth.org.nz/>

“Our work is diverse and expansive, with campaigns and services that cover all aspects of mental health and wellbeing. We take a holistic approach to mental health, promoting what we know makes and keeps people mentally well. We provide free information and training, and advocate for policies and services that support people with experience of mental illness, and also their families/whānau and friends.”

Ministry of Health: <https://www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services>

“In this section of the New Zealand Ministry of Health website you can find out what to do in an emergency and access other support including phone and online services and information.”

The Lowdown: <https://thelowdown.co.nz/>

“The Lowdown is a website to help young New Zealanders recognise and understand depression or anxiety. Through encouraging early recognition and help for depression or anxiety we intend to reduce the impact depression or anxiety has on the lives of young New Zealanders, now and throughout their adult lives. This site includes a free helpline and webchat.”

Like Minds, Like Mine: <https://www.likeminds.org.nz/>

“Like Minds, Like Mine is a public awareness programme to increase social inclusion and end discrimination towards people with experience of mental illness or distress. We do this through public awareness campaigns, community projects and research.”

NHS: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

“The NHS website contains information on accessing, selecting, and booking mental health services in the UK. They also maintain a list of mental health charities that offer information, resources, and support for a variety of mental health challenges.”

Mind: <https://www.mind.org.uk/>

“When you’re experiencing a mental health problem, supportive and reliable information can change your life. That’s what we do. We empower people to understand their condition and the choices available to them through our infoline, our legal line, and our award-winning publications and website. Local Minds also provide help and support directly to those who need it most.”

Mental Health Foundation (UK): <https://www.mentalhealth.org.uk/>

“Prevention is at the heart of what we do. Our vision is good mental health for all. Our mission is to help people understand, protect and sustain their mental health. We take a public mental health approach to prevention, finding solutions for individuals, those at risk and for society, in order to improve everyone’s mental wellbeing. We do this through community and peer programmes, research, public engagement, and advocacy.”

Mental Health America (MHA): <https://www.mhanational.org/>

“MHA is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all.”

National Alliance on Mental Illness (NAMI): <https://www.nami.org/home>

“NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. We are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.”

NAMI FaithNet: <https://www.nami.org/Get-involved/NAMI-FaithNet>

“NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. NAMI and NAMI Affiliates encourage an exchange of information, tools and other resources which will help educate and inspire faith communities about mental illness and the vital role spirituality plays in recovery for many.”

National Institute of Mental Health (NIMH): <https://www.nimh.nih.gov/index.shtml>

“NIMH is the lead federal agency for research on mental disorders. Their site offers information on finding health care providers and navigating insurance coverage, as well as publications on various mental disorders.”

World Health Organization: www.who.int/mental_health/en/

“WHO’s work to improve the mental health of individuals and society at large includes the promotion of mental wellbeing, the prevention of mental disorders, the protection of human rights, and the care of people affected by mental disorders.”

CATHOLIC MENTAL HEALTH RESOURCES

Catholic Charities USA:

<https://www.catholiccharitiesusa.org/our-vision-and-ministry/integrated-health/>

“Catholic Charities is committed to providing comprehensive services to promote physical, mental and spiritual well-being. From behavioral health to addiction services, CCUSA supports Catholic Charities agencies by providing resources and best practices.”

CatholicTherapists.com: <https://www.catholictherapists.com/>

“This site offers a referral base of qualified Catholic therapists, along with a blog and other resources that can be helpful in your healing and spiritual journey.”

WellCatholic: <https://wellcatholic.com/>

“Our vision is to connect people with quality Catholic healthcare they can trust. WellCatholic is building the world’s most convenient healthcare directory for people who want providers that adhere to Catholic values. All WellCatholic providers must practice in accordance with a set

of promises that distinguish Catholic values in the healthcare sector. These promises were established by the Pontifical Council for the Pastoral Care of Healthcare Workers and are used worldwide.”

Catholic Mental Health: <https://catholicmentalhealth.org/>

“Catholic Mental Health is a nonprofit that embraces mental health as part of their Christian mission. This organization of practicing Catholics seeks to imitate Christ by caring for all people in their mental wellbeing and especially supporting those who experience mental health challenges. They provide information, resources, and financial support.”

National Catholic Partnership on Disability (NCPD): <https://ncpd.org/>

“NCPD has a Council on Mental Illness which works to provide resources for persons with mental illness and their families. They recently published a resource entitled “A Pastoral Response to Mental Illness” in collaboration with the United States Conference of Catholic Bishops.”

Souls and Hearts: <https://www.soulsandhearts.com/>

“Souls and Hearts was developed to meet the needs of practicing Catholics who struggle with the everyday challenges of life. Souls and Hearts’ contributors offer Catholics mental health education and information in an online format. Our courses are designed as a resource for Catholics, perhaps as an adjunct to therapy, or for those who may not require therapy but could use practical psycho-education on a mental-health-related topic.”

BOOK RECOMMENDATIONS

The Catholic Guide to Depression, Aaron Kheriaty, MD, with Fr. John Cihak, STD

Unworried: A Life Without Anxiety, Dr. Gregory Popcak

It's Ok to Start with You, Julia Marie Hogan, LCPC