

## appendix d: resources

### British Columbia Mental Health Organizations:

Anxiety Disorders Association of British Columbia

Web: [www.anxietybc.com](http://www.anxietybc.com)

Email: [info@anxietybc.com](mailto:info@anxietybc.com)

Tel: (604) 681-3400

BC Partners for Mental Health and Addictions Information

Web: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Email: [bcpartners@heretohelp.bc.ca](mailto:bcpartners@heretohelp.bc.ca)

Tel: (604) 669-7600 (Toll Free: 1-800-661-2121)

British Columbia Schizophrenia Society

Web: [www.bcscs.org/](http://www.bcscs.org/)

Email: [prov@bcscs.org](mailto:prov@bcscs.org)

Tel: (604) 270-7841 (Toll Free: 1-888-888-0029)

Canadian Mental Health Association BC Division (CMHA)

Web: [www.cmha.bc.ca/](http://www.cmha.bc.ca/)

Email: [info@cmha.bc.ca](mailto:info@cmha.bc.ca)

Tel: (604) 688-3234 (Toll Free: 1-800-555-8222)

The F.O.R.C.E. Society for Kids' Mental Health

Web: [www.forcesociety.com](http://www.forcesociety.com)

Email: [theforce@bckidsmentalhealth.org](mailto:theforce@bckidsmentalhealth.org)

Tel: (604) 878-3400 (Toll Free: 1-800-661-2121)

Mood Disorders Association of British Columbia

Web: [www.mdabc.net](http://www.mdabc.net)

Email: [info@mdabc.net](mailto:info@mdabc.net)

Tel: (604) 873-0103

Jessie's Legacy, Family Services of the North Shore

Web: <http://familyservices.bc.ca/professionals-a-educators/jessies-legacy>

Email: [info@jessieshope.org](mailto:info@jessieshope.org)

Tel: (604) 689-9854

The Centre for Addictions Research of BC

Web: <http://www.carbc.ca/>

Email: [info@carbc.ca](mailto:info@carbc.ca)

Tel: (604) 408-7753

## Information Lines:

BC Nurse Line: (604) 215-4700 (Toll Free: 1-866-215-4700)

Mental Health Information Line: (604) 669-7600 (Toll Free: 1-800-661-2121)

## Books:

### Advance Planning

*The Special Needs Planning Guide: How to Prepare for Every Stage of Your Child's Life*, John W. Nadworny & Cynthia R. Haddad. 2007. Brookes Publishing, Baltimore, MD.

<http://products.brookespublishing.com/The-Special-Needs-Planning-Guide-P308.aspx>

### Parental Mental Illness

*"I'm Not Alone. A Teen's Guide to Living with a Parent Who Has a Mental Illness."* Michelle Sherman & DeAnne Sherman. 2006. Beavers Pond Press, Edina, MN.

[www.seedsofhopebooks.com/im-not-alone.html](http://www.seedsofhopebooks.com/im-not-alone.html)

*"Wishing Wellness. A Workbook for Children of Parents with Mental Illness."* L. Clarke. 2006. Magination Press, APA, Washington, DC.

### Publications/Fact Sheets/Toolkits

BC Mental Health Guide

[www.health.gov.bc.ca/mhd/pdf/MentalHealthGuide.pdf](http://www.health.gov.bc.ca/mhd/pdf/MentalHealthGuide.pdf)

BC Ministry of Children & Family Development:  
Child & Youth Mental Health

[www.mcf.gov.bc.ca/mental\\_health/publications.htm](http://www.mcf.gov.bc.ca/mental_health/publications.htm)

Centre for Addiction and Mental Health  
(CAMH)

<http://www.camh.ca/en/education/about/camh-publications/Pages/default.aspx>

<http://www.maginationpress.com/441A313.html>

### Supporting a Spouse with Mental Illness

*"Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner"*. Julie A. Fast and John D. Preston. 2004. New Harbinger Publications, Oakland, CA.

### Siblings

*"Troubled Journey: Coming to Terms with the Mental Illness of a Sibling or Parent."* Diane Marsh & Rex M. Dickens 1997 Jeremy P. Tarcher-G. P. Putnam's Sons: New York:NY.  
*Mad House: Growing Up in the Shadow of Mentally Ill Siblings*. Clea Simon 1998. Penguin Books: Toronto, Ont

Family Toolkit. BC Partners for Mental Health and Addictions Information

<http://www.heretohelp.bc.ca/skills/supporting-family>

Mental Illness Fellowship of Australia (MIFA)

<http://www.mifa.org.au/index.php/help-and-advice/fact-sheets>

Mind

<http://www.mind.org.uk/information-support/>

## Specific Topics:

### Advance Planning

Representation Agreement Resource Centre  
(now called NIDUS)  
[www.rarc.ca](http://www.rarc.ca) or [www.nidus.ca](http://www.nidus.ca)

### Crisis Planning

<http://www.mentalhealthrecovery.com/recovery-resources/post-crisis-planning.php>

### Planned Lifetime Advocacy Network (PLAN)

<http://plan.ca/>

### Child & Youth Mental Health

The F.O.R.C.E. Society for Kids' Mental Health  
Care  
<http://www.forcesociety.com/>

### Mind Check

<http://mindcheck.ca/>

### Kelty Mental Health

<http://keltymentalhealth.ca/>

### Children's Mental Health Ontario

[www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)

### BC Family Education & Support

British Columbia Schizophrenia Society.  
Strengthening Families Together.  
<http://www.bcscs.org/programs/2007/05/strengthening-families-together/>

### Mood Disorders Association of British Columbia

<http://mdabc.net/family-groups>

### (NAMI) Family to Family Education Program (FFEP)

<http://northshoreschizophrenia.org/information.htm>

### Financial Planning

BC Ministry of Employment and Income  
Assistance  
[www.eia.gov.bc.ca/publicat/pdf/DisabilitiesTrusts.pdf](http://www.eia.gov.bc.ca/publicat/pdf/DisabilitiesTrusts.pdf)

## Parental Mental Illness

"Family Talk". Children of Parents with a Mental Illness (COPMI).

[www.copmi.net.au](http://www.copmi.net.au)

"Making Time to Talk. Advice For Parents with Mental Illness". NSF Scotland. 2006

<http://www.supportinmindscotland.org.uk/files/Support%20in%20Mind%20Scotland%20-%20Making%20time%20to%20talk.pdf>

*Helping Children Understand Mental Illness: A Resource for Parents and Guardians*. Mental Health Association of Southeastern Pennsylvania. 2001

[https://www.pafsa.org/assets/Helping\\_Children\\_Understand\\_Mental\\_Illness.pdf](https://www.pafsa.org/assets/Helping_Children_Understand_Mental_Illness.pdf)

Parenting Well: Resources for Healthy Families.

<http://www.parentingwell.org/>

## Recovery

Copeland, Mary Ellen. *Wellness Recovery Action Plan (WRAP)*.

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

Depression and Bipolar Support Alliance (DBSA)

[http://www.dbsalliance.org/site/PageServer?pagename=wellness\\_recovery\\_steps](http://www.dbsalliance.org/site/PageServer?pagename=wellness_recovery_steps)

## Spouses

British Columbia Schizophrenia Society: Spouses Handbook.

<http://www.bcscs.org/resources/topics-by-audience/family-friends/2004/05/spouses-handbook/>

"Someone in My Family Has a Mental Illness". Lin Brindamour, Family Services of the North Shore. 2000

<http://www.nslhd.health.nsw.gov.au/Services/Carer/carerinformation/youngcarers/Documents/Someone%20in%20my%20family%20has%20a%20Mental%20Illness.pdf>

Supporting Families Affected by Parental Mental Illness. Provincial Working Group

[www.parentalmentalillness.org/](http://www.parentalmentalillness.org/)

Understanding Mental Illness in Your Family. 3 booklets

<http://www.bcscs.org/resources/2008/02/educational-booklets-for-children-newly-updated-and-revised/>

Visions: BC's Mental Health and Addictions Journal: *Parenting*. Vol 2; No 2. 2004

[www.heretohelp.bc.ca/publications/visions](http://www.heretohelp.bc.ca/publications/visions)

Hamilton County Mental Health Board, *Mental Health Recovery*.

[www.mhrecovery.com](http://www.mhrecovery.com)

Rethink

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

Sainsbury Centre for Mental Health

[www.scmh.org.uk/pdfs/Making\\_recovery\\_a\\_reality\\_policy\\_paper.pdf](http://www.scmh.org.uk/pdfs/Making_recovery_a_reality_policy_paper.pdf)

## General Mental Health Information

### US:

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

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

US Department of Health and Human Services:  
Substance Abuse and Mental Health Services  
Administration (SAMHSA)  
<http://www.samhsa.gov/>

### UK:

BBC Health  
<http://www.bbc.co.uk/health/>

NSF Scotland  
[www.nsfscot.org.uk](http://www.nsfscot.org.uk)

Rethink  
[www.rethink.org/about\\_mental\\_illness/index.html](http://www.rethink.org/about_mental_illness/index.html)

Sane  
[www.sane.org.uk](http://www.sane.org.uk)

### Australia:

Australian Network for Promotion, Prevention  
and Early Intervention for Mental Health  
(Auseinet)  
<http://www.phcris.org.au/organisation/detail.php?orgId=2471>

Beyond Blue  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Mental Illness Fellowship of Australia (MIFA)  
[www.mifa.org.au](http://www.mifa.org.au)

SANE Australia  
[www.sane.org](http://www.sane.org)