

Vetted Resources

When working with youth it is important for us to be careful about the resources that we are promoting. Resources can be posted on the internet from many different places, some of which are of a higher quality than others. This list provides resources which have been vetted for quality, relevancy and reliability.

[Kids Help Phone](#)

Kids Help Phone has been around for over 30 years providing services to Canadian youth. The website provides articles written by mental health professionals to provide appropriate support. This website is available in English and French, and a good resource for current youth trends.

[Centre for Child Protection](#)

For over 30 years, the Centre for Child Protection has had a mission to promote the safety of all children. Their desire is to help missing children and child victimization. The Centre for Child Protection has a myriad of programs, initiatives, and educational materials which can be used to support their mission. You can order educational resources on their website as well.

[Canadian Mental Health Association](#)

For over 100 years, CMHA has been one of the most established community mental health organizations in Canada. They have local offices in all provinces and one territory representing over 330 communities. Their mission is to promote mentally healthy individuals. The website has facts and info, as well as links to local programs and resources.

[The Centre for Addiction and Mental Health](#)

CAMH has an in-person center in Ontario, but the website has vast resources for all. There are informative documents, educational opportunities, as well as links to current research going on. It is worth checking out this website if you are looking for more information.

[Wellness Together Canada](#)

A very recent resource, Wellness Together Canada was launched to support the health and wellbeing of Canadians. You can sign up for an account, but also access crisis services. There are a variety of resources here on managing mental health.

[Here to Help](#)

This resource is from BC, and has a variety of articles and ideas on how to support yourself, but as well to support someone else. These articles cover topics such as anxiety and depression. There are also workbooks that you can download from this site.

[North American Center for Threat Assessment and Trauma Response](#)

This website may seem like an unusual one to include, however, being aware of heightened trauma response can mean that we can spot concerns and link those in our care to supports early. NACTAR provides email alerts for heightened trauma times, and suggestions on what to look for. It is important to be aware of concerns and be able to use the 4Ls to provide support to youth.

[Red Cross – Psychological First Aid Manual](#)

The attached psychological first aid manual from the Red Cross may be a resource to have in your back pocket if you were to ever need this support.

[Government of Canada – Young Canadians](#)

This website has many different resources for young Canadians which include things like resume supports, scholarship and loan info, but also ways to get connected and serve Canada. This website, has a breadth of information for young Canadians.

DLN Self-Development Courses

Creating a Respectful Workplace - (CSPS-G417E)

Introduction to Indigenous Cultures - (122077)

Mental Health in the Workplace for Managers - (301604)