

Helpful Websites

Alcohol, Gambling and Drug Abuse

Alberta Quits	www.albertaquits.ca Quit smoking help
Alberta Health Services (old AADAC)	www.albertahealthservices.ca/?from=aadac Lots of great information and downloadable resources
Canadian Centre for Substance Abuse (CCSA)	www.ccsa.ca Mandate is to provide national leadership and evidence-informed analysis and advice to mobilize collaborative efforts to reduce alcohol and other drug-related harms; committed to advancing knowledge and understanding in the field, and is a leading partner in major national and international initiatives. CCSA provides access to a range of information and analysis relating to substance abuse issues, and connects Canadians to a broad spectrum of networks and activities.
Health Canada: Straight Facts about Drugs and Drug Abuse	www.hc-sc.gc.ca/hl-vs/pubs/adp-apd/straight_facts-faits_mefaits/index_e.html Lots of down-loadable information about drugs and alcohol
Women for Sobriety	www.womenforsobriety.org On-line resources, as well as on-line support
Various support websites	www.al-anon-edmonton.org (Al-Anon) www.edmontonaa.org (Alcoholics Anonymous) www.eana.ca (Narcotics Anonymous) www.ca-northab.org (Cocaine Anonymous) www.edmontonga.com (Gamblers Anonymous)

Mental Health

Canadian Alliance of Mental Illness & Mental Health (CAMIMH)	www.camimh.ca An alliance between health care providers and the mentally ill and their families. Promotes mental health literacy; mandate is to ensure that mental health is placed on the national agenda. Takes lead on Mental Illness Awareness Week (October) in Canada.
Canadian Mental Health Association (CMHA)	www.cmha.ca General good information and resources on mental health and mental illness, also how to get help. Source to download "Your Education – Your Future, A guide to college and university students with psychiatric disabilities" www.cmha.ca/youreducation/CMHA-Guide(ENG)final.pdf Takes lead on Mental Health Week (May) in Canada.
Facing the Facts (University of AB)	www.virtualwellness.ualberta.ca/index.aspx?Pg=2040 Lots of good resource information, also links and how to get help.
Here to Help – Fact Sheets	www.heretohelp.bc.ca/publications/factsheets Lots of good evidence-based information on a wide variety of mental health and substance use topics.
Mental Health Commission of Canada	www.mentalhealthcommission.ca The Mental Health Commission of Canada is a national organization dedicated to encouraging cooperation and collaboration among governments, mental health service providers, employers, scientific and research communities, as well as Canadians living with mental illness and their families and caregivers. It is dedicated to acting as a catalyst for mental health reform in Canada.
Mind Your Mind	www.mindyourmind.ca An interactive Canadian website for youth and young adults; has interactive educational games and tools, also interviews with bands about mental health/illness and gambling/substance use; also info about getting help.
Mood Gym	www.moodgym.anu.edu.au An on-line cognitive behavioral site to help you deal with problems such as depression and anxiety.

Eating Disorder (ED)

National ED Association (NEDA)	www.nationaleatingdisorders.org Provides information and links about treatment referrals and support groups, research grants, and educational materials.
National Eating Disorder Information Centre (NEDIC)	www.nedic.ca NEDIC is the primary source of ED information in Canada. Facilitates ED Awareness Week activities across Canada and maintains a directory of Canadian ED services; free information to download; also lots of web links.
Something Fishy: Website on Eating Disorders	www.something-fishy.org This support site includes a chat room and listing of online support groups. It also features a monthly schedule of chat events, and interactive bulletin board, and a treatment finder that can be browsed by state and country.

For Youth and Their Parents

Mental Health	Blue Wave: www.ok2bbblue.com
Alcohol, Drugs & Gambling Prevention	Health Canada Facebook Site: www.facebook.com/drugsnot4me Deal.org: www.deal.org Xperiment www.xperiment.ca Alberta Health Services: www.aadac.com/default.asp