



HPHA Outpatient Mental Health Services Self-Care Resources



Disclosure: HPHA does not endorse or sponsor any of the following products or services

Apps

- *Calm: Sleep & Meditation* by Calm.com
- *CBT Thought Diary* by Inquiry Health LLC
- *Beditations: Sleep & Awaken* by Highly Meditated, LLC
- *Be Safe by mindyourmind* by ConnexOntario
- *BetterSleep: Relax and Sleep* by Ipnos Software Inc.
- *Breathe: Meditation & Sleep* by OMG. I Can Meditate! Inc.
- *Gratitude – Happiness Journal* by Hapjoy Technologies Private Limited
- *Headspace: Mindful Meditation* by Headspace Inc.
- *Hope by CAMH* by Centre for Addiction and Mental Health
- *Meditation: Box Breathing* by Leno Labs
- *MindShift CBT – Anxiety Relief* by Anxiety Canada Association
- *Nature Sound* by Do Vu
- *Stem4 - Supporting Teenage Mental Health*
 - *Move Mood*
 - *Clear Fear*
 - *Calm Harm*
 - *Combined Minds*

Books

- *Don't Let Emotions Run Your Life* by Scott E. Spardlin
- *Mind Over Mood: Change How You Feel by Changing the Way You Think (Workbook)*, by: Dennis Greenberger, PhD & Christine A. Padesky, PhD.
- *The Anxiety & Phobia Workbook* by Edmund J. Bourne, PhD.
- *The Body Keeps Score: Braine, Mind and Body in the Healing of Trauma*, by: Bessel Van Der Kold, M.D.
- *The Dialectical Behavior Therapy Skills Workbook*, By Matthew McKay, PhD, Jeffrey Wood, Psy. D & Jeffrey Brantley, M.D.
- *The Self-Esteem Workbook* by Glenn R. Schiraldi
- *Understanding Your Grief*, by. Alan D. Wolfelt, PhD.

Online Resources

BounceBack

Canadian Mental Health Association program

<https://bouncebackontario.ca/>

Connect Youth Perth-Huron

<https://connectyouthperthhuron.ca/>

Mindyourmind

A program of ConnexOntario, supported by the Ministry of Health

<https://mindyourmind.ca/>

Psychology Tools

<https://www.psychologytools.com/>

Therapist Aid

<https://www.therapistaid.com/>

Websites

Bereaved Families of Ontario

Provides compassionate, non-denominational mutual aid support for families and individuals who have lost a significant person to death.

www.bereavedfamilies.net

Canadian Mental Health Association (CMHA) Ontario

Provides accessible and reliable mental health resources for patients and their families.

<https://ontario.cmha.ca/>

Centre for Addiction and Mental Health (CAMH)

Provides accessible and reliable mental health resources for patients and their families.

<https://www.camh.ca/en/health-info>

Early Psychosis Intervention Ontario Network (EPION)

EPION provides a number of websites that offer a wide range of information, resources and supports to individuals with psychosis and their families.

<https://help4psychosis.ca>

Institute for Advancements in Mental Health

Provides accessible and reliable mental health resources for patients and their families.

<https://www.iamentalhealth.ca/>

togetherall

An online community where people support one another anonymously to improve mental health and wellbeing.

<https://togetherall.com/en-gb/big-white-wall/>