

## **Resource List for *The Downside of High* (2010)**

### Early Psychosis and Intervention Programs

Family physicians, or the local health authority, are good places to start for information and diagnoses. They can point you to Early Psychosis Intervention (EPI) programs (also known as first episode psychosis programs) in your area.

Here are a few websites for EPI programs across the country:

[\*Helping Overcome Psychosis Early - Vancouver/Richmond Early Psychosis Intervention\*](#)

[\*Psychosis Sucks - Fraser South Early Psychosis Intervention\*](#)

[\*PEPP at London Health Sciences Centre\*](#)

[\*PEPP Montreal at the Douglas Institute\*](#)

[\*Nova Scotia Early Psychosis Program at Dalhousie University\*](#)

[\*Reality Rules - Yukon Early Psychosis Intervention\*](#)

### Mental Health

[\*The Canadian Mental Health Association\*](#) (CMHA) has a wealth of information on its website. Go to “Quick Links” on the CMHA site and click on [\*CMHA Locations\*](#) to find your local or provincial branch. The CMHA also has a page of information on [\*Youth and Psychosis\*](#) and a page with information on [\*Early Psychosis Intervention\*](#). For more Helpful Links and Resources click on “Support Centre” at the top of the CMHA home page.

For more information on schizophrenia, start with [\*The Schizophrenia Society of Canada\*](#) where you’ll find research and links to [\*the societies in each province\*](#).

[\*The Mood Disorders Society of Canada\*](#) is a national group. The site links to [\*mood disorder groups across the country\*](#).

First Nations-specific information can be found at the [\*Native Mental Health Association of Canada\*](#).

### Addictions and Substance Abuse

These are some of the leading organizations to look to for more information on addictions and substance abuse:

[Centre for Addiction and Mental Health](#)

[Centre for Addictions Research of BC](#)

[Canadian Centre on Substance Abuse](#)

[National Native Addictions Partnership Foundation](#)

#### Other Helpful Websites for Teens and Parents

[www.mindyourmind.ca](http://www.mindyourmind.ca) is a site for youth by youth with info, resources and the tools to help manage stress, crisis and mental health problems.

[www.gotabrain.ca](http://www.gotabrain.ca) is a site for teens by the CMHA in Calgary

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) is a site for youth by the CMHA in British Columbia. The BC Chapter of the CMHA has published this resource called [Visions Cannabis](#)

[www.psychosissupport.com](http://www.psychosissupport.com) is a BC-based site for parents whose child has experienced psychosis

[www.ementalhealth.ca](http://www.ementalhealth.ca) has listings for events and services for the country by location

[www.gethelpearly.ca](http://www.gethelpearly.ca) is a site where first-episode youth and their loved ones could go together to learn and share their personal insights through stories and art