

Resources

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Outline

- Websites
- Online publications
- Books and booklets

WEBSITES

Questions to ask about information on the Internet

1. What is the purpose of the site? (check the “About” page for information).
2. Who created the material?
 - What credentials do the people have (academic, life experience)?
 - What are you told about the people who created the resource (e.g., do you know if they have anything to gain by publicizing a treatment)?
 - Who is sponsoring the website? Is there information about the role the sponsor played in developing the website content?
 - Is there information about how to contact the author or organization that developed the material?
3. Is the information credible?
 - What is the information on the website based on? Research? Expert opinion? Professional or personal experience? Personal stories are important, but they shouldn’t be the only source.
 - Is information about the sources (e.g., author, publisher for books and journal articles; phone numbers and e-mail addresses for organizations) given? Sometimes information is taken out of context, so check the sources if possible.
 - Is there a list of other resources you can refer to? It’s usually best to compare information from a number of different sources.
 - Does the site provide links to other websites? Although links don’t guarantee credibility, a list of links to well-known, trusted websites is an indication that the website’s creators are willing to have you check their information.
 - Are you encouraged to talk to other people, including doctors and other professionals?
 - Are other possible theories/explanations acknowledged?
 - If the information is describing a treatment, does it give some explanation of how and/or why it works? Does it mention risks or side-effects as well as benefits?
4. How recent is the information?
 - Each document should include the date that it was created and/or the date when it was last reviewed.

Resources

Evaluating Information: Resources

Intute: How to Evaluate an Internet-based Information Source
www.intute.ac.uk/healthandlifesciences/BIOME_Evaluation_Guidelines.doc

DISCERN on the Internet
<http://www.discrim.org.uk/index.php>
<http://www.discrim.org.uk/index.php>

General concurrent disorders

Centre for Addiction and Mental Health
www.camh.net

BC Partners for Mental Health and Addictions Information
www.heretohelp.bc.ca

Internet Mental Health
www.mentalhealth.com

Dual Recovery Anonymous
www.draonline.org

SAMHSA (Substance Abuse and Mental Health Services Administration)
www.samhsa.gov/index.aspx

General mental health

CANADA

Canadian Mental Health Association (CMHA)
www.cmha.ca

Consent and Capacity Board (Ontario)
www.ccboard.on.ca

PsychDirect
www.psychdirect.com

UNITED STATES

National Alliance on Mental Illness (NAMI)
www.nami.org

National Institute of Mental Health
www.nimh.nih.gov

National Mental Health Information Center (SAMHSA)
www.mentalhealth.org

INTERNATIONAL

Rethink (U.K.)
www.rethink.org

Anxiety

Anxiety Disorders Association of Canada
www.anxietycanada.ca

Anxiety Disorders Association of America
www.adaa.org

Obsessive Compulsive Foundation
www.ocfoundation.org

Attention-deficit / hyperactivity disorder

National Resource Center on ADHD
www.help4adhd.org

Bipolar disorder

Moodswing.org
www.moodswing.org/index.shtml

Depression

Mood Disorders Association of Ontario
www.mooddorders.on.ca

Depression and Bipolar Support Alliance
www.dbsalliance.org

Resources

Eating disorders

National Eating Disorder Information Centre
www.nedic.ca

Schizophrenia and psychosis

Schizophrenia Society of Canada
www.schizophrenia.ca

Psychosis Sucks (Fraser Valley Health Authority: Early Psychosis Intervention Program)
www.psychosissucks.ca/epi/

EPPIC: Early Psychosis Prevention and Intervention Centre (Australia)
www.eppic.org.au

PEEP: The Prevention and Early Intervention Program for Psychosis (London, ON)
www.pepp.ca

PSPOPS: Peer Support for Parents of Psychosis Sufferers
www.psychosissupport.com

Open the Doors (World Psychiatric Association)
www.openthedoors.com

General substance use

Al-Anon/Alateen
www.al-anon.alateen.org

Alcoholics Anonymous
www.aa.org

Narcotics Anonymous
www.orscna.org

Double Trouble in Recovery
www.doubletroubleinrecovery.org/index.htm

CANADA

Alberta Alcohol and Drug Abuse Commission (AADAC)
www.aadac.com

UNITED STATES

National Institute on Drug Abuse (NIDA)
www.nida.nih.gov

Center for Substance Abuse Treatment (SAMHSA)
www.samhsa.gov/centers/csat2002/csat_frame.html

Center for Substance Abuse Prevention (SAMHSA)
www.samhsa.gov/centers/csap/csap.html

National Clearinghouse on Alcohol and Drug Information (PrevLine)
www.health.org

Resources for families and caregivers

CMHA Ontario Division: Family Members and Caregivers Resource Centre
www.ontario.cmha.ca

Family Association for Mental Health Everywhere (FAME)
www.fameforfamilies.com

Recovery

Rethink
www.rethink.org/recovery/

WRAP
www.mentalhealthrecovery.com/

Center for Psychiatric Rehabilitation (Boston University)
www.bu.edu/cpr/about/index.html

ONLINE PUBLICATIONS

Health Canada. *Best Practices: Concurrent Mental Health and Substance Use Disorders*.
Available: www.hc-sc.gc.ca/ahc-asc/pubs/drugs-drogués/bp_disorder-mp_concomitants/index_e.html

National Institute for Mental Health. *Medications for Mental Illness*.
Available: www.nimh.nih.gov/publicat/medicate.cfm

Resources

Expert Consensus Guidelines Series: Guides for Patients and Families.
Available: www.psychguides.com/pfg.php.

Schizophrenia Society of Canada. *Learning about Schizophrenia: Rays of Hope*.
Available: www.schizophrenia.ca/famref/szrefl.pdf.

Substance Abuse and Mental Health Services Administration. *Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse Disorders and Mental Disorders*. Available: <http://alt.samhsa.gov/reports/congress2002/index.html>

BOOKS AND BOOKLETS

Anxiety

Burns, D.D. (1999). *Feeling Good: A New Mood Therapy*. New York: HarperCollins.

Copeland, M.E. (1998). *The Worry Control Workbook*. Oakland, CA: New Harbinger Publications.

Rector, N.A., Bartha, C., Kitchen, K., Katzman, M. & Richter, M. (2001). *Obsessive-Compulsive Disorder: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Rector, N.A., Bourdeau, D., Kitchen, K. & Joseph-Massiah, Li. (2005). *Anxiety Disorders: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Depression and bipolar disorder

Bartha, C., Parker, C., Thomson, C. & Kitchen, K. (1999). *Depressive Illness: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Bipolar Clinic Staff. (2000). *Bipolar Disorder: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Copeland, M.E. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, CA: New Harbinger Publications.

Dowling, C. (1993). *You Mean I Don't Have to Feel this Way? New Help for Depression, Anxiety and Addiction*. New York: Bantam Books.

Duke, P. & Hockman, G. (1993). *A Brilliant Madness: Living with Manic Depressive Illness*. New York: Bantam Books.

- Elder, N. (1989). *Holiday of Darkness*. Toronto: Wall & Emerson.
- Fieve, R. (1997). *Moodswing*. New York: Bantam Books.
- Gold, M. (1995). *The Good News about Depression*. New York: Bantam Books.
- Greenberger, D. & Padesky, C. (1995). *Mind over Mood: Change How You Feel by Changing the Way You Think*. New York: Guilford.
- Healy, D. (2005). *Psychiatric Drugs Explained* (4th ed.). St Louis, MO: Elsevier.
- Manning, M. (1996). *Undercurrents*. New York: HarperCollins.
- Miklowitz, D.J. (2002). *The Bipolar Disorder Survival Guide: What You and Your Family Need to Know*. New York: Guilford.
- Norden, M. (1995). *Beyond Prozac*. New York: HarperCollins.
- Papolos, D. & Papolos, J. (1997). *Overcoming Depression*. New York: HarperCollins.
- Preston, J. (1996). *You Can Beat Depression: A Guide to Recovery*. Atascadero, CA: Impact Publishers.
- Redfield Jamison, K. (1997). *An Unquiet Mind*. New York: Random House.
- Turkington, C. (1997). *Making the Prozac Decision: A Guide to Antidepressants*. Lowell House.

FOR FAMILIES AND PARTNERS

- Berger, D. & Berger, L. (1992). *We Heard the Angels of Madness: A Guide to Coping with Manic Depression*. New York: Quill.
- Depaula, J.R. & Ablow, K. (1996). *How to Cope with Depression: A Guide for You and Your Family*. New York: Ballantine Books.
- Gorman, J. (1998). *The Essential Guide to Psychiatric Drugs*. New York: St. Martin's Press.
- Rosen, L.E. & Amador, X. (1996). *When Someone You Love Is Depressed*. New York: Fireside.

Resources

Schizophrenia

Blake, P., Collins, A.A. & Seeman, M. (2001). *Women and Psychosis: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Mueser, K.T. & Gingerich, S. (1994). *Coping with Schizophrenia: A Guide for Families*. Oakland, CA: New Harbinger Publications.

Torrey, E. (1995). *Surviving Schizophrenia: A Manual for Families, Consumers, and Providers*. New York: Harper Perennial.

Substance Use

Herie, M., Godden, T., Shenfeld, J. & Kelly, C. (2007). *Addiction: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Trauma / Posttraumatic stress disorder

Allen, J.G. (1995). *Coping with Trauma: A Guide to Self-Understanding*. Washington, D.C.: American Psychiatric Press.

Copeland, M.E. & Harris, M. (2000). *Healing the Trauma of Abuse: A Women's Workbook*. Oakland, CA.: New Harbinger Publications.

Haskell, L. (2004). *Women, Abuse and Trauma Therapy*. Toronto: Centre for Addiction and Mental Health.

Matsakis, A. (1998). *Trust after Trauma: A Guide to Relationships for Survivors and Those Who Love Them*. Oakland, CA.: New Harbinger Publications.

Vermilyea, Elizabeth. (2000). *Growing beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress*. Baltimore, MD: The Sidran Press

Williams, M.B. & Poijula, S. (2002). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications.